

OLYMPIA BLOWOUT! 50 PAGES OF EXCLUSIVE PHOTOS & REPORTS

JOE WEIDER'S

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WINS HIS 4TH
SANDOW!**

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BE BEATEN?**

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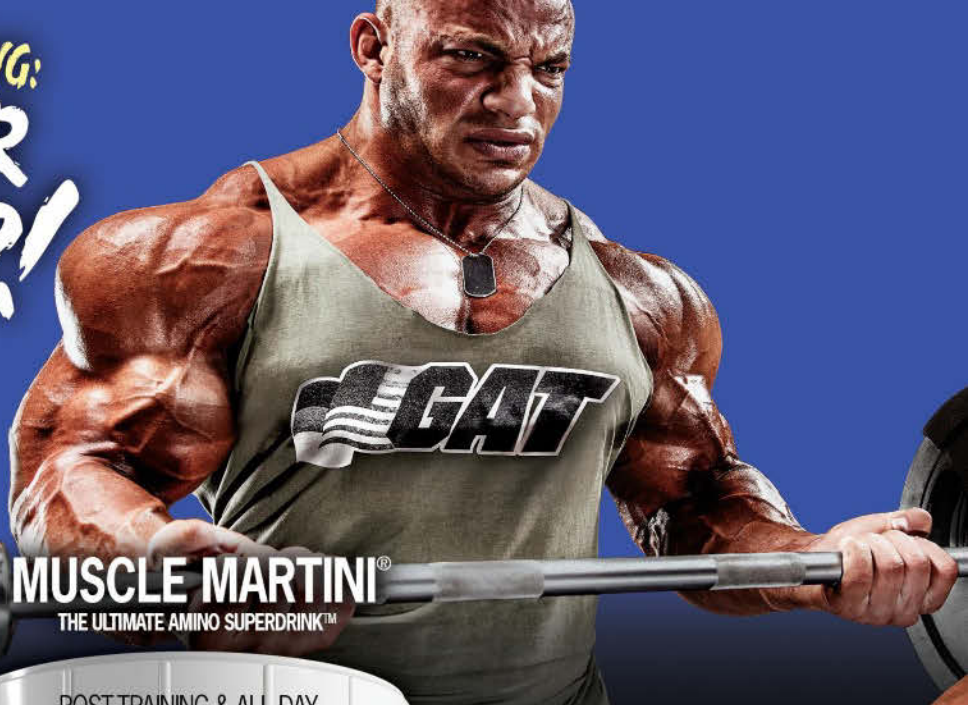
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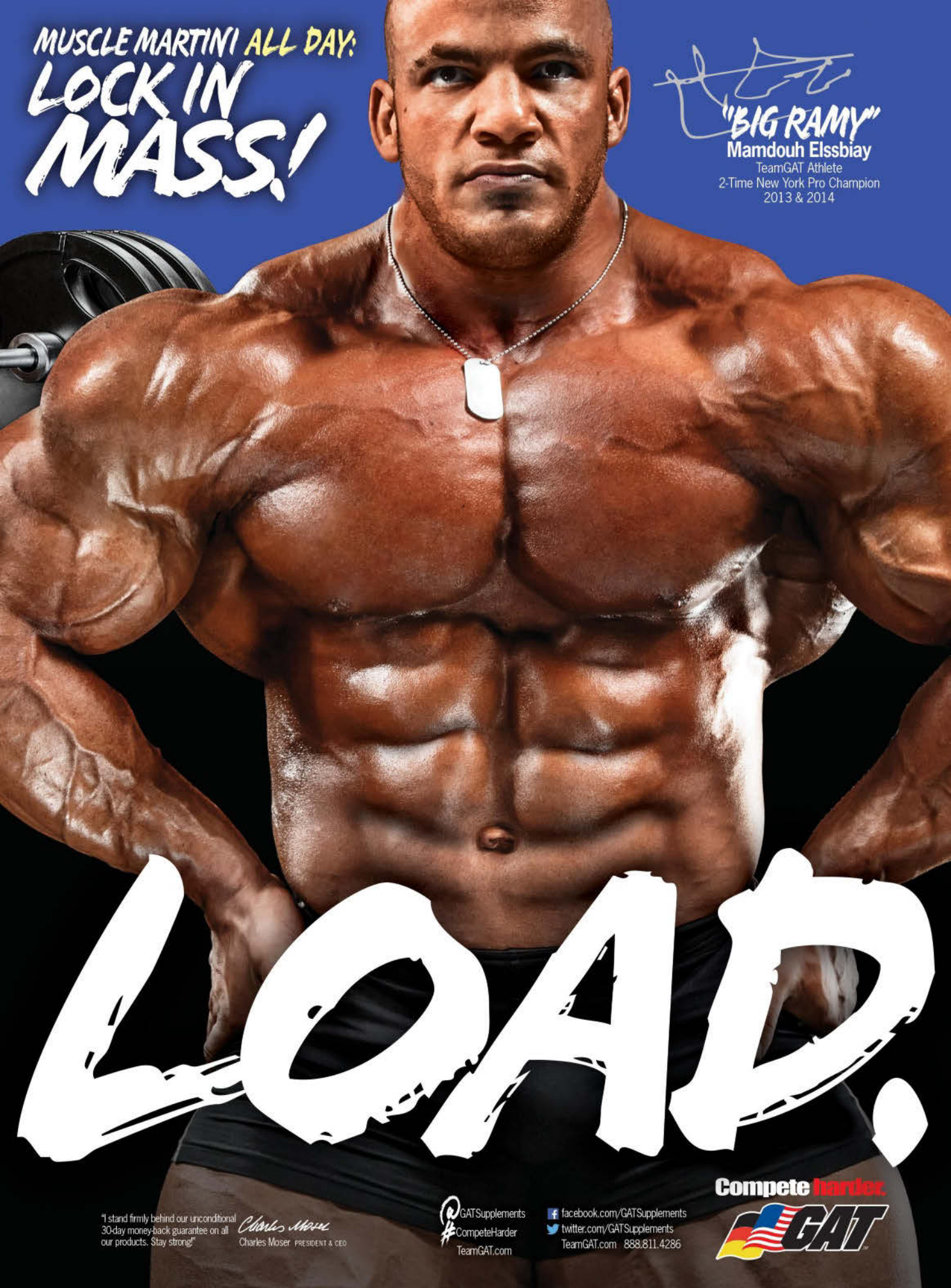
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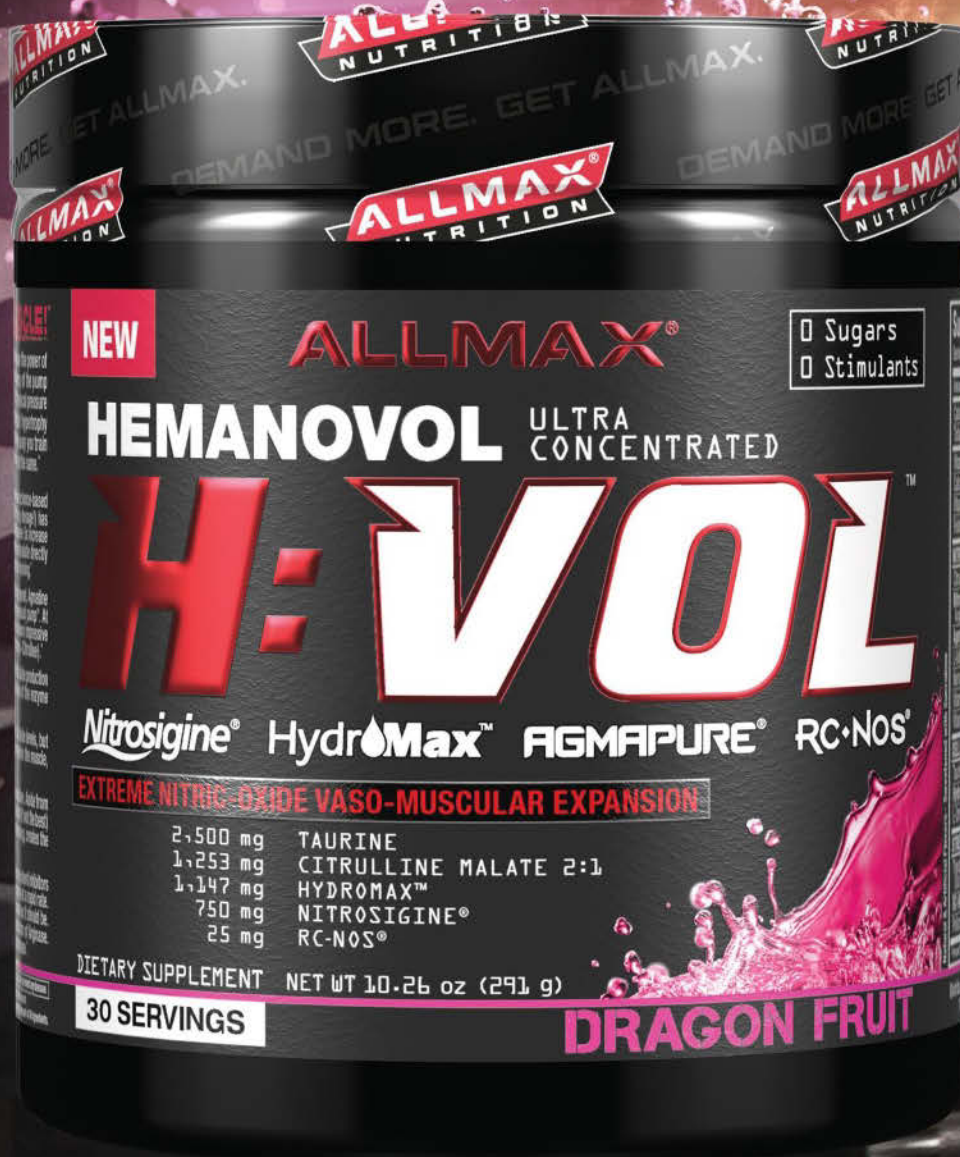
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THE WINNERS

Phil Heath and bodybuilding fans came out on top this past Olympia weekend

This is becoming a familiar pattern: Once again we present you with our annual Olympia wrap-up issue, and once again it features Phil Heath on its cover. This is the fourth consecutive time, in fact. As you certainly know by now, Phil has taken home bodybuilding's top prize yet again, tying him with the legendary Jay Cutler at four wins apiece. That puts him ahead of seven of the 12 other Olympia winners in terms of overall titles, with only Dorian Yates (six Sandows), Arnold Schwarzenegger (seven), and Lee Haney and Ronnie Coleman (eight apiece) having won more. And at just 34, Phil has plenty of time to match and eclipse those marks.

Of course, winning the Olympia, as great an achievement as it is, is more than just a title, a Sandow trophy, or even prize winnings. The Mr. Olympia title is symbolic of the effort, the dedication, and the level of perseverance required to get to bodybuilding's highest summit. In addition to the grueling training, Spartan diet, and grinding travel schedule, a Mr. Olympia winner has to take on the responsibility of representing his sport to his fullest abilities. He is an ambassador for it and for all of his fellow athletes. And if all of this isn't enough, Phil was also faced with the solemn task of burying his beloved father this past March.

Yet once again Phil has proved himself a champion of the highest order, pulling

through it all with yet another victory, despite fierce competition in the forms of Kai Greene, Dennis Wolf, Shawn Rhoden, and others. I am proud to call Phil Heath a Weider athlete.

And once again we here at AMI are proud to have brought you what was by all standards the greatest Olympia in history. With more than \$1 million in prize money, a packed Orleans Arena, and by far the largest expo we've ever staged, the 50th Olympia was the best, and the coverage of it, provided by FLEX senior writer Greg Merritt, provides a fascinating window into the unfolding of events that led to Phil's victory, and all the plot points revolving around it.

As we look toward the coming year in bodybuilding, you can be sure that new story lines will evolve, trends will emerge, and young athletes will break through to challenge old pros. But one thing that will remain is our commitment to bringing you the very best in bodybuilding. Whether it's in print, online, or at next year's Olympia, we will continue to deliver to you, the true bodybuilding fan, the athletes, the ideas, and the experience you deserve. Here's to a prosperous and exciting new year for us all!



David J. Pecker

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ARNOLD'S PAGE

BY ARNOLD SCHWARZENEGGER, EXECUTIVE EDITOR

PECTORAL PERFECTION

The dumbbell flye is the best chest isolation movement you can perform

Dumbbell flyes have always been a mainstay of my chest program. Since the function of the pecs is to pull the upper arms forward and toward the center of the body, flyes are designed as an isolation exercise that hits the chest without involving the triceps or other muscles. As such, it is a great movement for hitting the pecs with maximum intensity to achieve maximum growth. To do dumbbell flyes correctly, lie faceup on a flat, incline, or decline bench while holding the weights above you and over your face. Turn your palms in so they face each other and bend your elbows slightly, keeping them at that angle throughout the movement.

Next, lower the dumbbells out to your sides in a wide arc until your pecs are fully stretched or your hands are about even with your shoulders. Pause at the bottom, then bring the weights back up, following the same arc you took on the way down.

When I was competing, a common mistake that trainees often made was keeping their arms perfectly straight during the movement, which can put undue stress on the elbow joints. This seems to have been corrected since, with most people employing the slight elbow bend I just mentioned.

Two other examples of incorrect technique are using too much weight and lowering the dumbbells too far to the sides. The idea of using too much weight doesn't need much explanation. Flyes aren't a power exercise, and if you can't perform reps without excessively bending your elbows, you're working too heavy. In this case, decrease the weight. If you're struggling with 40-pound dumbbells, try 30s or 25s. Using too great a range of motion is the second recipe for disaster. Once you've lowered the weights to the point at which your hands are even with

your shoulders or you can feel a moderate, not painful, stretch in the pecs, that's far enough. Lowering too far puts way too much stress on the pectoral muscles, shoulders and biceps, not to mention the vulnerable shoulder joint itself. To avoid this, always lower the dumbbells slowly so that momentum doesn't carry you past the desired range of motion. Again, as soon as you feel the onset of a stretch in your pecs, switch directions smoothly. Remember, nothing sets your development back faster than serious injury.

You need to stay within your limits, train with the appropriate weight, and use safe, exacting technique to keep your development on schedule.



HAPPY FLYEING

Many trainees do flyes at the end of their routines, after the pecs are warmed up. Here's a chest workout that incorporates that approach.

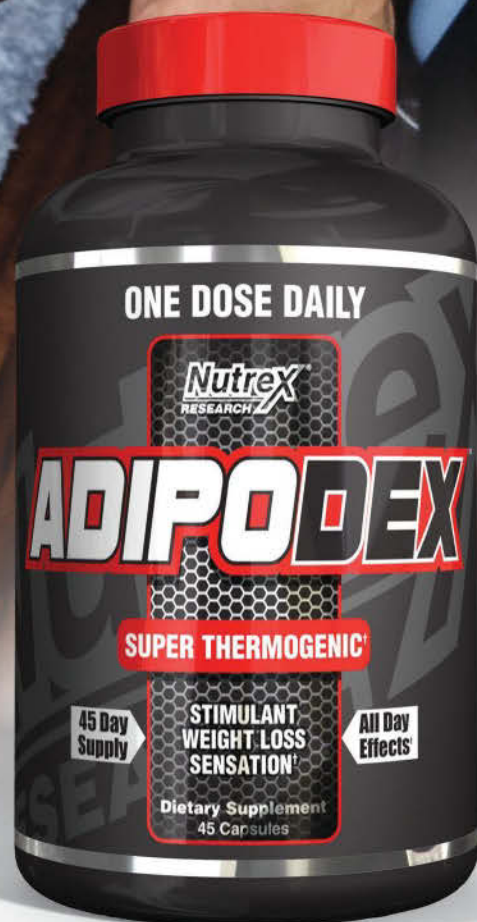
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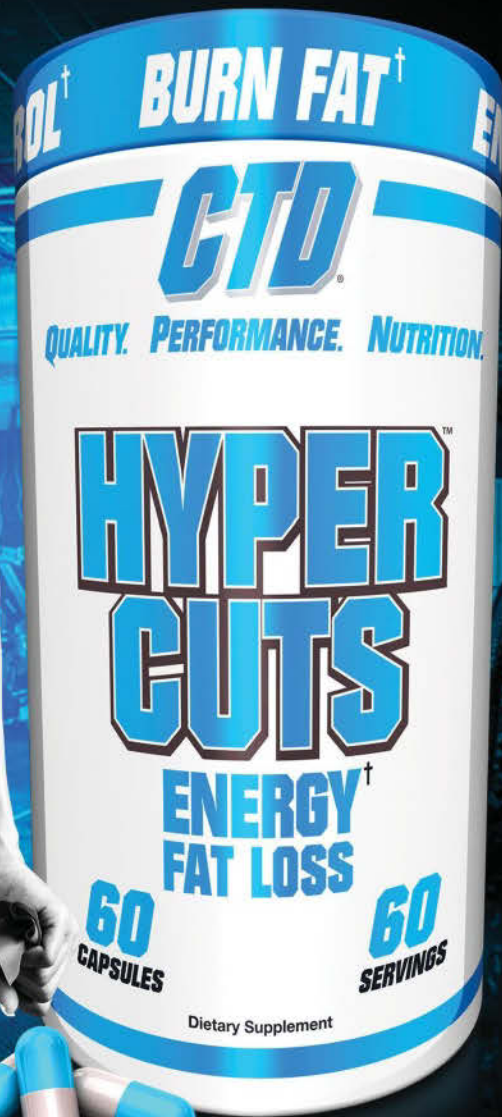
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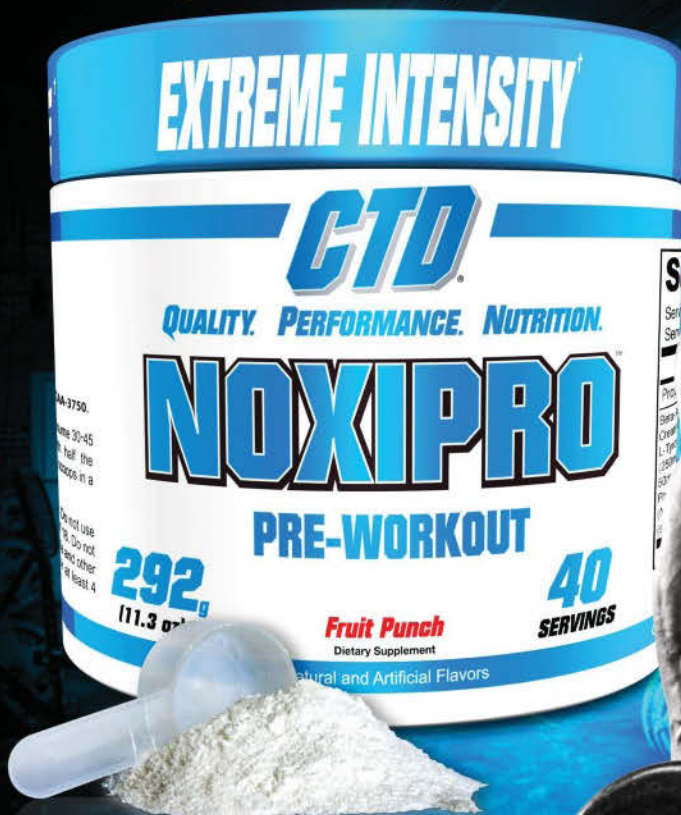


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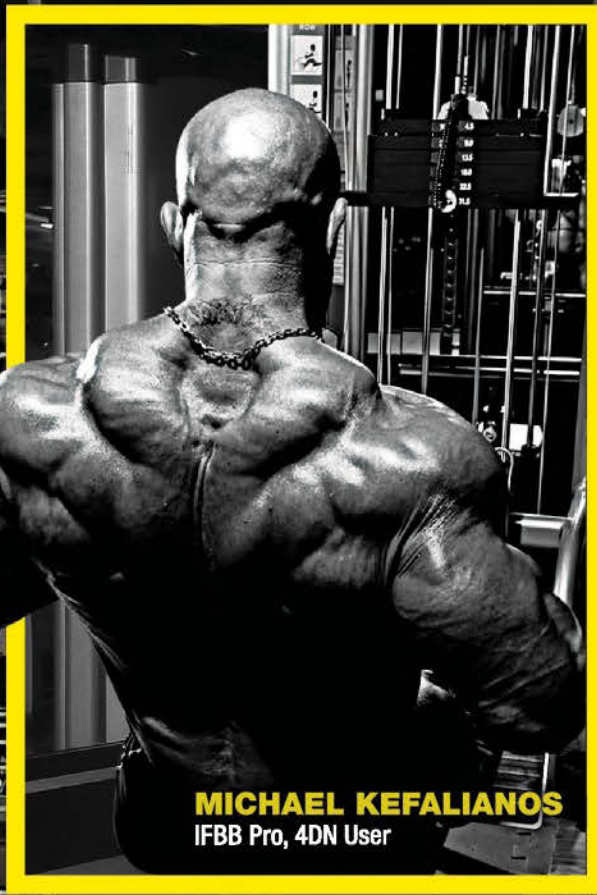
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THE RESULTS ARE IN

The winner of the 2014 FLEX bikini model search championships is here

Now in its ninth year, the 2014 FLEX Bikini Model Search, presented by BPI, proved once again that it is, hands down, the fan favorite of the Olympia Expo. Nearly 100 gorgeous ladies took center stage and wowed the mostly male audience with their breathtaking beauty. After two days of painstaking deliberation, the judging panel, with help from the raucous crowd, deemed **Samantha Newcomb** worthy of the crown, sash, \$2,000, and two VIP tickets to next year's Olympia Weekend. Runner-up went to **Anna James** (yes, this lovely young lady is the daughter of IFBB pro and Team Weider Athlete Dennis "The Menace" James), with Aida Rameriz in third, Paige McCoy in fourth, and Ashli Tolti in fifth. Stay tuned for our photo shoot with the winners from the online portion of the 2014 FLEX Bikini Model Search, presented by BPI.

➔ **1**
**SAMANTHA
NEWCOMB**

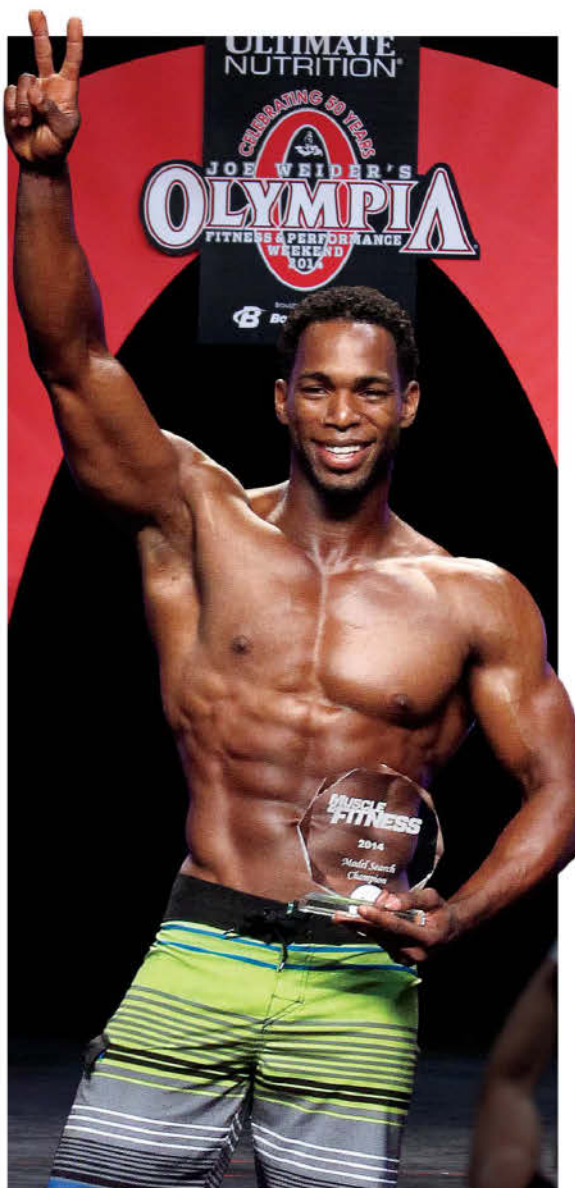
↑ **2**
**ANNA
JAMES**



bpi
SPORTS

2014 MUSCLE & FITNESS MALE MODEL SEARCH RESULTS

■ **It's official!** Phillip Blow is the 2014 Muscle & Fitness Male Model Search champion. Blow had the right stuff, namely shape, tone, symmetry, on-stage poise, and the overall look to beat out an extremely talented and competitive field. For his efforts, Blow will appear in an exclusive photo shoot in the pages of *Muscle & Fitness* (who knows, maybe even land the cover!), as well as getting two VIP tickets to next year's Joe Weider's Olympia Fitness and Performance Weekend.



"BIG RAMY" TEARS HAMSTRING!

■ **It happened four weeks before** the 2014 Mr. Olympia, but Mamdouh "Big Ramy" Elssbiay proved exactly what he's made of by toughing it out and stepping on the sport's grandest stage. According to Dennis James, Elssbiay *tore several fibers in his left hamstring during a training session*, effectively ending any leg work or cardio. This picture, taken two days later, shows the seriousness of the injury. "We sat together and talked about pulling out of the Olympia," James said. "But Ramy, in his warrior spirit, said, 'No, let's go and do it for the fans.'" It was a very hard last month for Elssbiay, not being able to do cardio and other things he needed to do, and it did affect his performance. We didn't post or talk about it before the show because we didn't want to create drama and make it look like an excuse. Ramy is in good spirits and wants the fans to know he is OK with the outcome and will continue to improve."



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KAI GREENE'S MUSCLE BUILDING SECRET IS OUT!

For the past 2 years, MuscleMeds research team has been feeding Kai Greene a "Secret Sauce." At first, even Kai didn't know what it was. All he was told was to take it immediately after his workouts. After only a few weeks, Kai felt it working. Finally, after one month and making some of his greatest gains, Kai had to know what was in this jar. He called MuscleMeds headquarters and said, "I love this stuff – I feel bigger, fuller and stronger already! You have to tell me what's in it." So, under confidentiality, they told Kai what it was... but no one else had access to this "Secret Sauce."

Then came the premiere of the acclaimed movie *Generation Iron* and the scene in Kai's kitchen where they showed Kai's muscle building arsenal – bright red MuscleMeds bottles including Carnivor beef protein, NO BULL pre-workout and Amino Decanate. But then the camera froze on an ominous dark bottle with the white label marked SECRET SAUCE. The cat was out of the bag and the bodybuilding world wanted to know what is Kai's secret supplement. The timing was perfect, as MuscleMeds had just secured high volume manufacturing capacities of the key anabolic ingredient in new SECRET SAUCE: Pharmaceutical grade BSA (Bovine Serum Albumin). MuscleMeds decided the secret is out and the time was right to release the game changer in post-workout supplementation with the world's first bioactive plasma post-workout formula of its kind – SECRET SAUCE.



Scan to watch "The Making of SECRET SAUCE" video from MuscleMeds, as first seen in *Generation Iron*!



Generation Iron is owned by the Vlado Company. Used with permission.

NEW!
BIOACTIVE
POST-WORKOUT
FORMULA



SECRET SAUCE IS KAI'S POST-WORKOUT RECIPE FOR SERIOUS GAINS IN MUSCLE MASS & SUPER-FAST RECOVERY!

The secret to Kai's muscle building "sauce" is its bioactive Bovine Serum Albumin (BSA), supplied by the world's largest manufacturer of this pharmaceutical grade nutrient. BSA is an extensively researched bioactive protein derived from bovine blood plasma. Researchers have identified BSA to have multiple biological factors that help influence muscle growth. Some of the biological factors and functional properties of BSA include its bioactive peptides and growth factors, high concentrations of leucine and essential muscle building amino acids, high osmolality and its ability to enhance the uptake and transport of nutrients such as creatine, amino acids and glucose into blood plasma and speed delivery to muscle tissue.

Stimulating protein synthesis, replenishing muscle glycogen and ATP and modulating the anabolic effects of insulin are critical for optimal post-workout supplementation. Research has shown leucine to be perhaps the most anabolic and effective amino acid for activating mTOR and stimulating protein synthesis. SECRET SAUCE doubles down with both naturally occurring leucine in BSA and an additional 5 gram leucine-loaded dose of BCAAs in an anabolic 10:1:1 ratio to trigger high levels of protein synthesis. To ensure peak ATP replenishment, SECRET SAUCE utilizes MuscleMeds Power-AMP Cre3 creatine complex consisting of creatine monohydrate, Magnapower magnesium creatine chelate and creatine gluconate. Post-workout creatine uptake and ATP replenishment are enhanced by BSA's plasma transport gradient, leading to increased cell volumizing, muscle size and recovery.

The next important step to complete post-workout supplementation is to optimize the anabolic activity of insulin and replenish glycogen. SECRET SAUCE has taken insulin spiking and glycogen replenishment to an advanced level with the inclusion of the insulinotropic amino acids glycine and phenylalanine in combination with MuscleMeds proprietary iSPIKE Insulin-Release-Amplifying Reactive Carbohydrate System. These insulinotropic aminos work in tandem with the iSPIKE reactive carbohydrates and BSA plasma transport to activate a highly anabolic insulin surge and super fast muscle glycogen and ATP saturation. This dynamic trio also enhances the uptake of other key nutrients, peptides and growth factors in BSA to trigger the post-workout growth and repair of muscle tissue.

THE WORLD'S FIRST BIOACTIVE PLASMA POST-WORKOUT FORMULA WITH BOVINE SERUM ALBUMIN

5g BSA Bioactive Peptides & Growth Factors
5g Leucine Loaded 10:1:1 BCAAs
50g iSpike Reactive Carb System
5g Power-AMP Cre3 Creatine Complex

"I was at MuscleMeds HQ restocking my supplements for the month when the head scientist introduced a new product in an ominous big jar with a white generic label that said 'SECRET SAUCE.' I was very intrigued by the name and asked questions on what the product was and when to take it. They didn't want to reveal much information to me, because they wanted my unbiased feedback. I was told to take 1 scoop immediately after my workout and to document my progress. I have faith and trust in my team over at MuscleMeds and I knew that by them not telling me much about the product – and 'keeping it a secret' – it was going to be a big deal when it launched. And I kid you not: Within a few weeks I noticed a drastic difference in my physique. I just had to know what it was and knew then it would be a mandatory tool within my supplement regimen." – KAI GREENE, 2x Arnold Classic Champion

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**TO GET IN ON KAI'S MUSCLE BUILDING
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BEEF PROTEIN DOESN'T HAVE TO BE INCONVENIENT

BEEF UP!

Anyone who's ever spent time trying to build quality muscle knows that beef is the one protein source above all others for producing the best gains. The main problems with beef consumption are the cost, convenience, and, unless you're spending more on high-quality, grass-fed beef, it can also be high in saturated fat and cholesterol. Keeping a high quality source of beef protein in your diet doesn't have to be about having a fridge full of steaks.

LEAN BEEF IMPROVES POST-EXERCISE PROTEIN SYNTHESIS

The essential amino acid profile in beef protein is similar to that of human muscle tissue, so it's the perfect balance for preventing muscle breakdown and stimulating new muscle growth. Supplemental beef protein gives you all the acclaimed muscle-building benefits without the high costs, and without the adverse effects commonly associated with high meat consumption.

TITANIUM BEEF SUPREME is amplified beef protein. It's 380% more concentrated than your typical store bought whole food beef, and this is a result of SAN's own hydrolysis and ultra filtration processing, which assures that you get all of the critical nutrients and amino acids sought after from beef, in a highly concentrated form.

Turning a good protein source into a great one means raising the bar, and **TITANIUM BEEF SUPREME** does exactly that. With the addition of 2.5 grams of CreaSolv brand's creatine monohydrate and 2 grams of SAN's exclusive **BCAA PRO RELOADED**, **TITANIUM BEEF SUPREME** is on the highest level of protein available.

TITANIUM BEEF SUPREME delivers all the muscle-building potential of beef and none of the drawbacks, all in one amplified protein source.*



The Perfect Balance of amino acids for preventing muscle breakdown and stimulating new muscle growth.

Amplified Beef Protein

through hydrolysis and ultra filtration processing that produces 380% higher concentration than typical store bought whole beef.

Titanium Beef Supreme

is further packed with 2.5 grams of CreaSolv brand creatine monohydrate and 2 grams of SAN's BCAA PRO RELOADED putting TITANIUM BEEF SUPREME on the highest level of protein sources available.



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Nutrient delivery is crucial, and **MEGATRON's** custom absorption enhancer not only increases nutrient uptake, but it's also been shown to support healthy anti-inflammatory action to allow you to push harder and longer.

Last but not least, **MEGATRON's** V02 Max Support Matrix helps your body become extremely efficient at using energy by tapping into body fat for extended energy expenditure while sparing muscle, and it helps protect the cell's mitochondria from damage, ensuring the prevention of fatigue so you can train beyond "the wall".*

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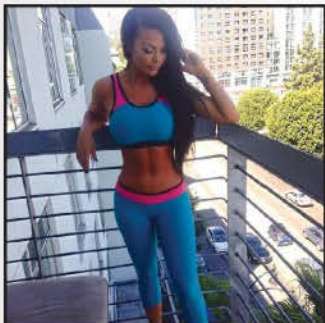
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FLEX leaves no stone unturned in our coverage of the historic 2014 Joe Weider's Olympia Fitness and Performance Weekend

The half-century mark.

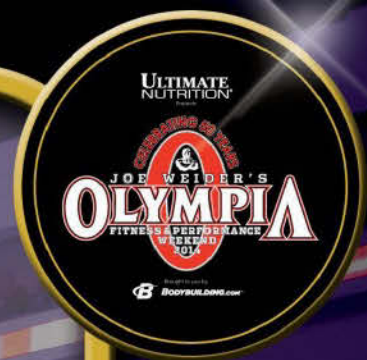
What started in 1965 when Joe Weider created a contest to determine the greatest professional bodybuilder in the world (with all of three competitors) has evolved into the single biggest event in the bodybuilding and fitness industry. Over three days (five if you count Wednesday's Athletes Meeting, which is the first time in the year when all of the Mr. Olympia competitors gather together in the same

room, and Sunday's Superstar Seminar, when the weekend's big winners tell a packed room how they did it), an international cast of bodybuilding, figure, fitness, bikini, and physique athletes converged on Sin City, USA, to show tens of thousands of equally international fans exactly why they are the best in the world. Sure, with so much being made of this 50th edition of Joe Weider's seminal show, the question was: "Can it live up to the hype?" Let's

start at the beginning.

The Athletes Meeting, usually a guaranteed cure for insomnia, turned out to be the proverbial fuse to ignite the weekend when two-time runner-up Kai Greene signed the Olympia poster "2014 Mr. Olympia" with reigning three-time Mr. Olympia Phil Heath just a few feet away awaiting his turn. Fast-forward to Thursday's Press Conference, where trash talking escalated to a whole new level as the red-hot Heath-

Greene exchange was both entertaining and uncomfortable to watch. Clearly, the rivalry between bodybuilding's No. 1 and No. 2 is deeply personal, which made for the most exciting press conference in Olympia history—and not a single pose thrown yet! Then came Friday night's judging round; if head judge Steve Weinberger had not separated Heath and Greene, well, we could've set up an impromptu Octagon around



the two and crowned the last man standing (literally) as Mr. Olympia (read more about this in Greg Merritt's report).

Saturday night's final took us even higher, with an SRO crowd filling Orleans Arena from floor to ceiling (the upper-level seats should've come with compli-

mentary oxygen tanks). Every skybox was filled to capacity and the stage, complete with 13 ginormous state-of-the-art screens, was the platform not only for the athletes but also for past Mr. Olympias Franco Columbu, Samir Bannout, Lee Haney, Ronnie Coleman,

Jay Cutler, and fellow legends Shawn Ray, Flex Wheeler, Lee Labrada, Berry DeMey, Mike Christian, Dennis James, and, oh, some Austrian guy named Arnold Schwarzenegger.

And for the first time since 1984, NBC Sports Network televised the Olympia, with WWE

Superstar Triple H and *Muscle & Fitness* editor in chief Shawn Perine handling broadcast duties (watch it Oct. 18 and if you miss that, catch the replay Oct. 25). And let's not forget the \$1.1 million in total prize money! So, what was the question?

THE 2014 OLYMPIA BY THE NUMBERS

1.1 MILLION DOLLARS IN PRIZE MONEY

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2014 MR. OLYMPIA

THE FOURTH DIMENSION

Phil Heath wins his fourth Sandow at the 50th Mr. Olympia



“It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly...”
—THEODORE ROOSEVELT, “THE MAN IN THE ARENA”





The man in Orleans Arena raises his arms and pumps his fist. He flexes his chest and arms so hard he doubles over. He does so when he hears "four-time Mr. Olympia," before his name rings out, before he hugs the three-time runner-up, his archrival, before he receives his gold medal, and an oversize version of his \$275,000 check, and his fourth Sandow—this one golden. It's the culmination of the 50th Mr. Olympia when Ultimate Nutrition presents the 2014 Joe Weider's Olympia Fitness and Performance Weekend, brought to you by Bodybuilding.com. The four-time Mr. Olympia has his critics, a legion that will surely grow now that he won at less than his best and as impatient observers tire of the same conclusions. But once again Phil Heath strode into the arena, once again he fought valiantly, and once again he is the last gladiator standing.



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1

PHIL HEATH





ATHLETES MEETING

Let's flash back to last year's athletes meeting, when the carb-depleted competitors signed a few promotional posters. When Kai Greene added "Mr. Olympia 2013" to his autographs, repercussions reverberated around the bodybuilding world. So what does he do this year? He signs "Mr. Olympia 2014," of course. Just behind him, the current Mr. Olympia, sporting a doomed beard speckled with gray, is not amused.

"Oh, did I do that?" a coyly smiling Greene retorts when I ask him about the title he affixed to his name. "Thoughts become things. I've worked and paid, and I'm still

willing to pay to see my own dream realized, and I'm not afraid to vocalize that. The previous Olympias are in the history book, and you can't take anything away from what anyone accomplished then. But at this moment, 2014 is not certain."

"He's the polar opposite to what he's trying to portray," Heath says of his archival Greene. "Of course, he believes in himself, as he should. Everyone should believe in himself, but to sign your name 'Mr. Olympia,' it's kind of an unwritten rule in bodybuilding that you just don't do that. You respect the title. To do it again, it just lets me know this guy has no class."

360° BREAKDOWN



2

KAI GREENE



PRESS CONFERENCE

The next day at the press conference, it takes one question from emcee Bob Cicherillo for the fireworks to erupt. Separated by an aisle on the daises, Heath and Greene address each other. "Haven't you learned from last year?" the reigning Mr. O asks the heir apparent. "Respect the game. Thirteen men have earned the right to write [Mr. Olympia]."

"We're going to show you how talk is cheap," Greene responds. "The past is the past."

The back-and-forth grows increasingly contentious with Heath brushing off Greene and referencing his three victories in the manner of a winning player pointing to the scoreboard. "This is what happens when you get desperate," he states.

"I'm going to show you desperate when we hit those quarter-turns," Greene replies.

"It's a pleasure to be a part of the Kai Greene and Phil Heath show," Shawn Rhoden jokes. "At the end of the day, we all train to be No. 14."

Ultimately, this is indeed the Kai Greene and Phil Heath show—a heavyweight title fight. When

Heath is dedicating the contest to his biological father, who passed away in March, Greene interrupts him. Outrage rains down on Greene from Heath's sister in the audience. Greene brings up his childhood in government institutions and the fact that he's never met his dad. "You think you're the only one who went through anything," Heath retorts.

When Mr. O says that all he does is beat Greene and he's going to do it again, a glowering Greene replies, "So let's do it then. Kick my assets then. I'm here." The records of Greene's nutritionist (George Farrah) and Heath's (Hany Rambod) are bandied about. Cicherillo eventually gets Greene to succinctly state three reasons why he'll defeat the reigning Mr. O: "I'll outweigh him by 40 pounds. I'll be wider. And it'll be all over from the rear."

When, in turn, three-time Mr. O Heath is asked for three reasons why he'll beat Greene, his reply is destined to live on long after his reign ends: "2011, 2012, and 2013." The audience erupts. Even Greene has to smile. But the deep wounds opened up with barbed words will only fester until the real battle begins.

SATURDAY NIGHT DRAMA





HEAD TO HEAD PHIL VS. KAI





2014 IFBB MR. OLYMPIA

Sept. 19–20, Orleans Arena; Las Vegas, NV

COMPETITOR	COUNTRY	PRIZE MONEY
1. Phil Heath*	USA	\$275,000
2. Kai Greene*	USA	\$130,000
3. Shawn Rhoden*	USA	\$90,000
4. Dennis Wolf*	Germany	\$55,000
5. Dexter Jackson*	USA	\$45,000
6. Branch Warren	USA	\$35,000
7. Mamdouh Elssbiay	Egypt	\$25,000
8. Victor Martinez	Dominican Republic	\$20,000
9. Steve Kuclo	USA	\$19,000
10. Juan Morel	USA	\$16,000
11. Johnnie Jackson	USA	\$4,000
12. Roelly Winklaar	Curaçao	\$4,000
13. Fred Smalls	USA	\$4,000
14. Jonathan DeLaRosa	USA	\$4,000
15. William Bonac	Netherlands	\$4,000
16. Ibrahim Fahim	Egypt	\$2,000
16. Jojo Ntforo	USA	\$2,000

*Qualified for the 2015 IFBB Mr. Olympia



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3

SHAWN RHODEN



PHOTO: CHERIE

COMPETITOR NO. 1

At prejudging the next evening, **Branch Warren** is the first to saunter to center stage. He's 39, and his ninth place at last year's O was widely interpreted as the beginning of a slide to oblivion. Think again. This Texan brings too much passion to the gym and the stage. He isn't at his peak, but he's close—grainy, veiny, and with his trademark leg, chest, and back density. At the end of his mandatory poses, he pumps his fist at the appreciative audience, as if to say to haters and supporters alike, "How you like me now?"

COMPETITOR NO. 4

In 2012, **Shawn Rhoden** won four pro shows and finished third in the Olympia, leaping from also-ran to top contender. Ever since, we've been waiting for him to make the shorter jump to the top. But it's extremely rare for a pro to make one such transformation, let alone two. The 255-pound Flexatron remains that almost-perfect bodybuilder who could win the O with another 10–15 well-placed pounds. From the chest down, he has it all—bold abs, slender hips, colossal quads and hams—but his pecs, delts, and lats are still lagging by comparison. He also could've been a bit drier this time. Rhoden turns 40 next year. Can he make the necessary gains to become Mr. Olympia or are two transformations in one career one too many?



COMPETITOR NO. 7

Even at 44, the 2008 Mr. Olympia winner remains one of the most consistent competitors of all time. In 67 pro contests over 16 years, **Dexter Jackson** has never finished in double digits. This year, he forwent earlier shows to focus only on the O. And here he is once again with all the usual Blade traits: cantaloupe biceps, perfectly aligned abs, chockablock pecs and traps. If he isn't as crisp as he was a decade ago, he made up for it by expanding his quads in recent years, somehow reversing the shrinking leg syndrome that afflicts most 40-something bodybuilders. This is his 15th Olympia, tying Ronnie Coleman's record.



HEAD TO HEAD SHAWN VS. DENNIS



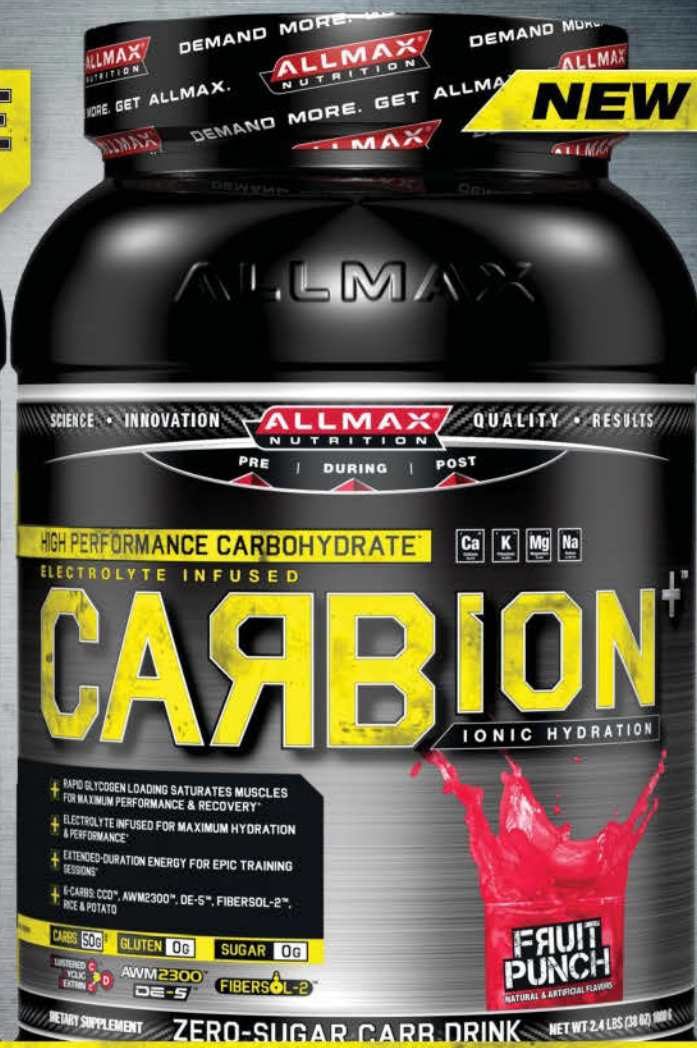
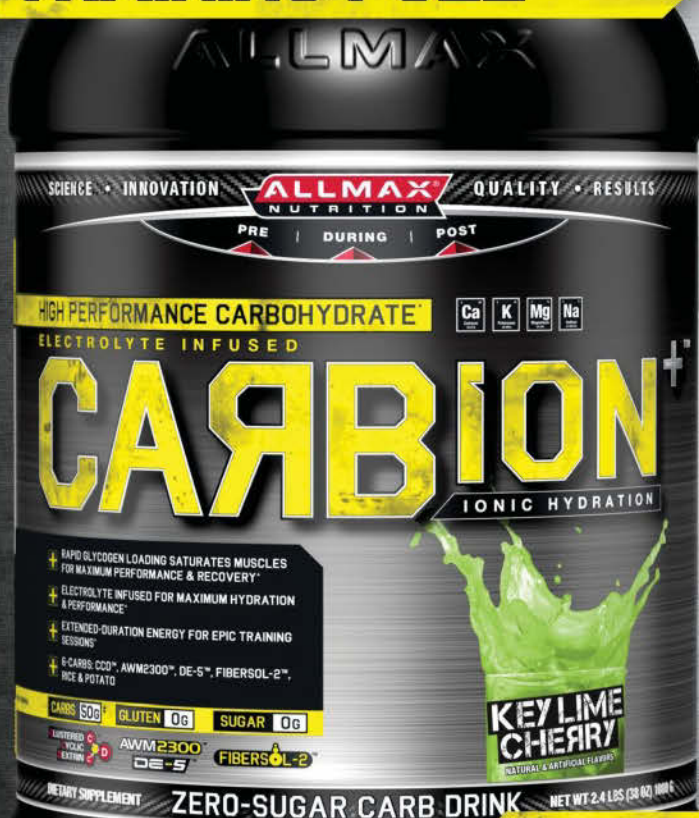
4

DENNIS
WOLF**COMPETITOR NO. 13**

Mamdouh Elssbiay looks morphed. If others are as big as houses, he's a shopping mall. It seems impossible that he carries 285 lean pounds on a 5'9" frame without looking even a little blocky. His rear-lat spread and most muscular generate incredulous smiles even amongst the most jaded observers. Only his calves lag. He's sharper this year than last. His quads—perhaps the biggest of all time—sport faint cross striations. Still, he needs more overall separation and detailing. If he can come in tight enough, he can be Mr. Olympia, because he makes everyone who stands next to him shrink by comparison.



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DEXTER
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COMPETITOR NO. 15

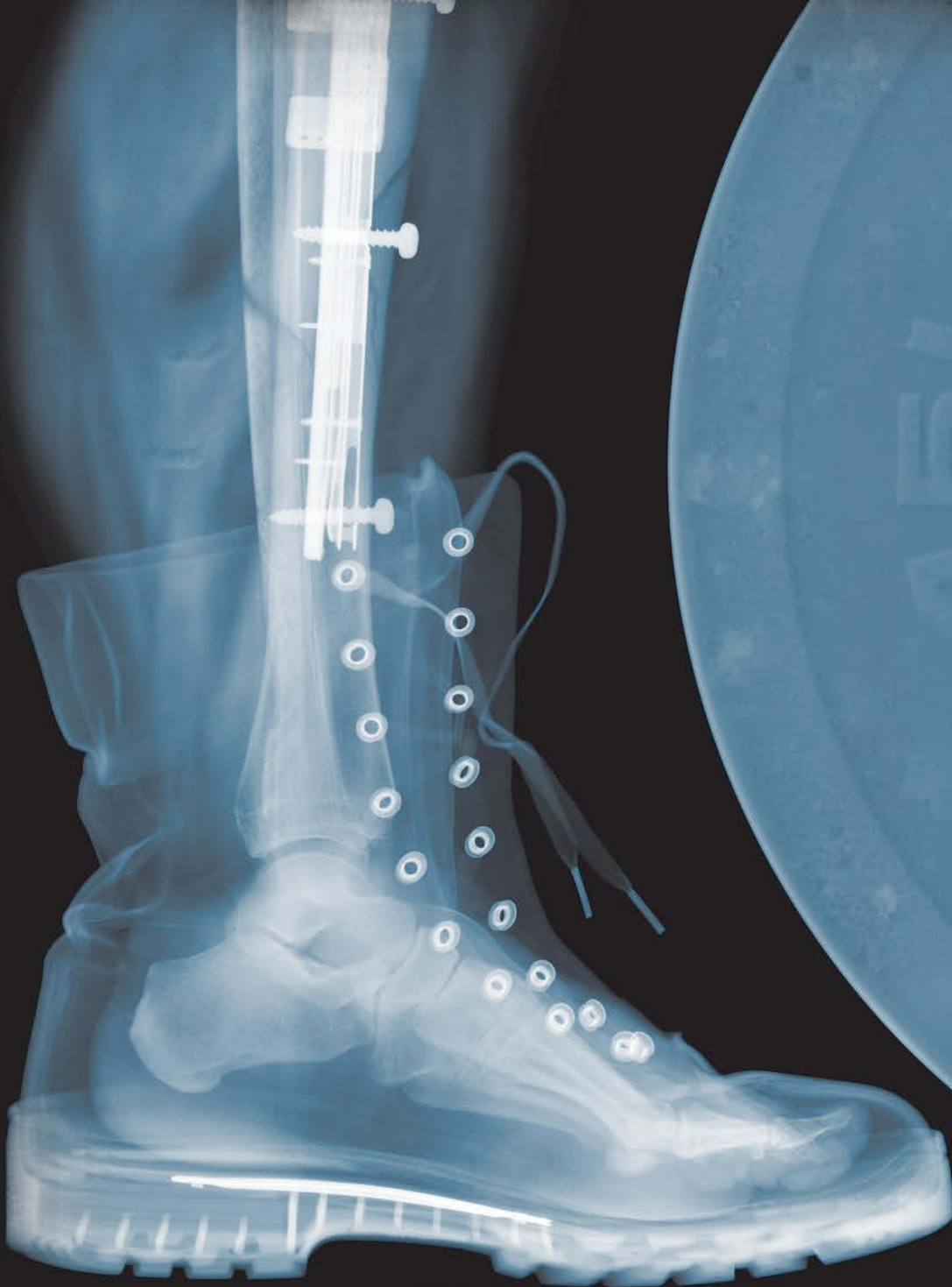
If you could bet on bodybuilding in Las Vegas, **Dennis Wolf** would be easy to handicap. In over half of his nine Olympias, including this year, he's finished in Places 4 or 5. He's almost always on the verge of top-contender status but yet not quite there. That seemed to change when he finally climbed to third at last year's Olympia and won this year's Arnold Classic. Some predicted this O would be a Wolf/Heath clash. The truth is the 5'11" German hasn't made substantial gains in seven years. He was at his best in 2007, when he was fifth at the Olympia but should've been third. He's not as full now as he was then. His arms have retreated. Still, he came in dry and grainy. And he remains one of the four or five best bodybuilders in the world.

COMPETITOR NO. 16

We could focus on **Kai Greene's** strengths—his barrel legs, his hang-glider lats, his spearhead biceps. Or we could focus on his weaknesses—his absent abs, his thickened middle, the scarcity of details and divots in his back shots. I prefer the look of Greene's 5'8" physique when he won the 2009 Arnold Classic weighing 253 pounds with a panoply of ab and lat lines. Like a heavy coat, much of the flesh he's accumulated since obscures more than it accentuates. As the 39-year-old New Yorker rolls through his poses, he generates the loudest cheers of prejudging. As always, his physique is an amazing work of abstract art, and he expertly displays all 280 pounds. Still, we've seen his attempt to overshadow Heath before. It didn't work. And here he is again, even bigger. Sometimes less is more.

COMPETITOR NO. 17

This is the worst **Phil Heath** has looked since 2010. Although he came in at a typical 245, he is a little smaller and a little smoother. His trademark rear double biceps lacks its showstopping 3-D density and HD details. His abs are blurry with some minor bloating. But, of course, we're always measuring the Gift against his previous best at the 2011 Olympia, and that's a phenomenal standard. Many consider it the best look of any Mr. O. He can't be expected to top that at any contest, let alone every contest. And he can't cram much more flesh on his narrow frame without reaching the point of diminishing returns. The only question after he crunches his most muscular: Did he do enough to once again fend off his archrival?



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6

BRANCH
WARREN

THE DUEL

Between the last competitor hitting his mandatories alone and the top contenders battling in the first callout, groups organized in numerical order run through the mandatory poses together. This usually serves as a repose. But because No. 16 and No. 17 are side by side in the last of these groups, this is effectively the first callout, the start of the dual everyone has waited 12 months to see—Heath versus Greene again on the Orleans Arena stage.

Despite the simmering tension, they run through the four semi-relaxed quarter-turns and the first five of eight mandatories without incident. But things heat up with the side triceps pose. When Heath turns one way and Greene the other, the latter flips his rope of braided hair and it brushes Heath. No. 17 laughs it off, but as they each simultaneously spike a calf, their heels touch. It's merely the inadvertent consequence of two men doing the same side pose in opposite directions, but here it's fuel for the coming fire.

Before the final pose, No. 16 is crowding into No. 17's space. His elbow bumps Heath's, and he then jabs that elbow with his. Heath won't budge. Greene glowers. No. 17 tries to laugh it off, but, as with Joe Pesci in *Goodfellas* ("Funny, how?"), this only seems to ignite the fire. Threats are made. Smiles turn to scowls. Greene stands with his back to the audience jawing at Heath, mere inches away, and Heath gives it right back. The only logical escalation then is a punch. Head judge Steve Weinberger shouts into his microphone for No. 16 and No. 17 to "Spread out!" and expeditor "Ropeman" Felder moves Wolf between the top two bodybuilders in the world. The incident feels ominous, signifying that the 50th Mr. Olympia may be remembered for the wrong reason.

But what of the actual comparisons of No. 16 and No. 17? As always, the farther you are away from the stage, the more Greene's larger silhouette impresses. In fact, even more than in the past, this comes down to Heath's more pleasing shape versus Greene's more startling size. Each takes individual poses. Heath wins side triceps. Greene wins front lat spread (a shot I had



awarded to Heath in previous duels).

And as for the rear double biceps, the crucial pose that secured the Sandow for Heath in 2011, 2012, and 2013, this time it's not so clear. Greene has better calves and broader thighs, but Heath has more ham and glute cuts. Greene has a much broader back, but Heath has larger delts, deeper traps, and meatier forearms. Upper arms

are too close to call. It's usually his back divots (coupled with his lower-body lines) that win this shot for Heath, but the ravines aren't as deep this time. Heath's greatest advantage is in the middle: slimmer waistline, bolder spinal erectors, greater glute striations. But, unlike those three previous Olympia's, this is not a game-over shot for the Gift.

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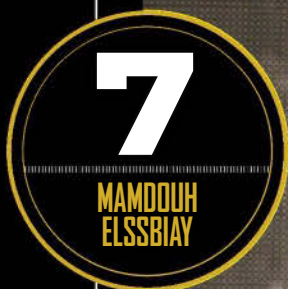


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THE 50TH

On Saturday, the golden anniversary Olympia gets rolling with six of the 11 surviving winners taking the stage. Samir Bannout, Franco Columbu, Jay Cutler, Ronnie Coleman (hobbling valiantly after double-hip replacement), Lee Haney, and Arnold Schwarzenegger speak about the importance of the contest and its creator, Joe Weider. Two more Mr. Os, Jackson and Heath, are subsequently among the 17 competitors who perform their posing routines in front of gargantuan LED video screens playing transforming psychedelic patterns. Rhoden flows slowly to R&B. After a lupine howl, Wolf prowls the stage to testosterone-fueled classical. Greene, the greatest avant-garde poser in bodybuilding history, ends his routine with a throwback to "Dirty Diana." (In friendlier times, Heath called Greene's 2007 "Dirty Diana" the best routine he's ever seen.) In turn, Heath ends his segment with a barrage of shots to "U Don't Know."

The 17 competitors are brought out for callouts and judged once again. It starts with a four-man comparison—Wolf, Heath, Greene, Rhoden—and ends with two duels: Rhoden/Wolf and, the one everyone wants to see, Greene/Heath. Greene is slightly drier than the day before, but that has a second meaning here, as his torso is under-oiled. The clash is curiously sedate.

After the Figure Olympia and Olympia 212 Showdown awards, and before a video tribute to the 13 Mr. Olympia champs and the inaugural Joe Weider Iron Award, the top 10 bodybuilders spill offstage during the pose-down, striking poses amidst the sold-out Orleans Arena crowd of over 9,000. It's notable who isn't in that group. Last year, in the shape of his life, Roelly Winklaar finished seventh. This year, he's bigger but bloated, and he retreats to another double-digit finish.

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PLACES 5 THROUGH 8 POSEDOWN



8

VICTOR
MARTINEZ

AWARDS

The fact that Cutler doesn't compete and Winklaar isn't in contention clears space for others. Juan Morel, in his first O, and Steve Kuclo, in his second, each creep into the top 10. Victor Martinez proves that even at 41 he's still in the mix. Only one point separates Mamdouh Elssbiay from Branch Warren, as, four days after his 30th birthday, Big Ramy nearly makes up enough ground on Saturday for the six spot. Meanwhile, ageless Dexter Jackson lands in the top six for the 12th time, tying him with Shawn Ray for the most Olympia top sixes.

While the awards for Wolf and Rhoden are presented, Greene and Heath stand on stage talking. "We'll just say that we had a friendly exchange," Mr. Olympia tells me afterward, "and it just comes down to the fact that he and I are trying to hype this sport up and it gets very, very intense. There's gonna be moments where you have friction and frustration. People are gonna say things. But at the end of the day, I know what he wants. He wants what I got. And he's not going to quit. And I respect that."

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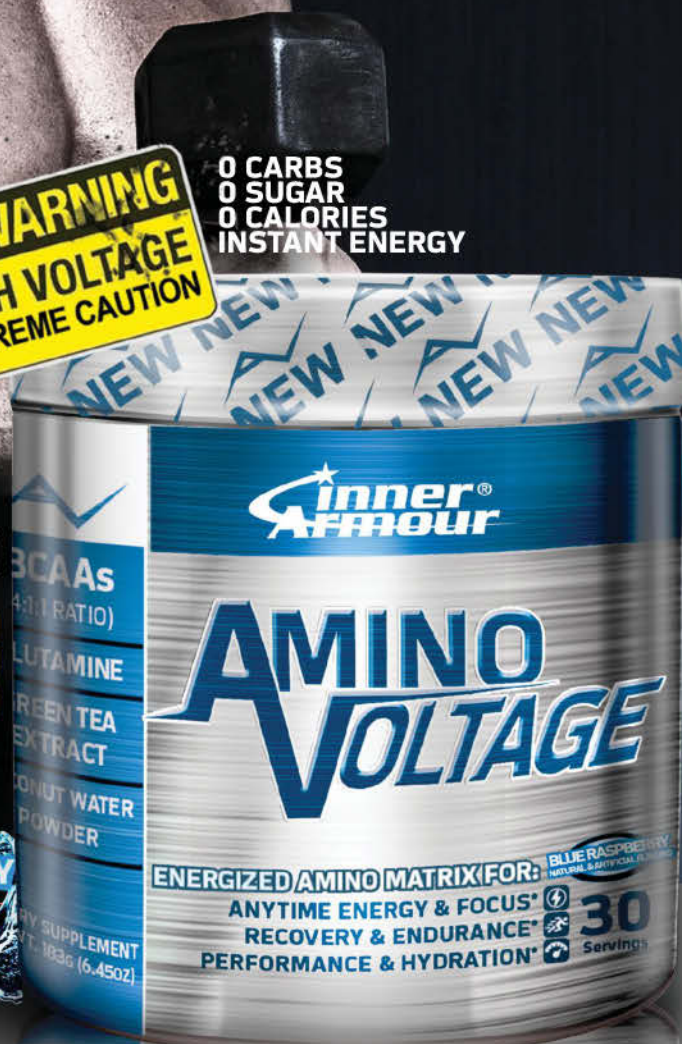
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"At that point, the fighting is done," Greene told me with a grin. "So it's like at the end of the fight when the boxers are standing there covered in sweat and they're bleeding and they're waiting for the decision. That's not the time to punch someone in the face. Then what should surface is the quality and the character of the men. It doesn't mean that I'm not going to knock him out in the future."

But not this time. As Heath becomes just the sixth man to win a fourth Sandow—this one gilded in 18-karat gold in honor of the Olympia's golden anniversary—he raises his arms and pumps his fist and flexes and doubles over. And as the confetti rains down along with cheers and boos, No. 16 and No. 17 embrace. The battle is over. There will be another.

BACKSTAGE

In the chaos backstage afterward, Shawn Rhoden is thrilled to have returned to the three spot, a position he occupied at the 2012 Olympia before losing it to Wolf last year. "It feels awesome," he says. "I thought I could've placed a little higher, but it'll be something to motivate me next year." When pressed on what he called "the Phil Heath and Kai Greene show," he responds, "I think the rivalry is good for the sport, but at present someone needs to go in there and shake things up a bit, and I feel as if I'm going to do it."

In a makeshift dressing room near the pump-up pen, Kai Greene says, "I'm very thankful for the people who did cheer and celebrate. There was a lot of positive energy in the air. There were times when I could feel it. It's almost electric. And it's really amazing to think that there are so many people who are celebrating this moment in my life. A lot of times people will celebrate your accomplishments, but the athlete has to realize that it's always important to invest in himself even when the world says there's no reason to invest in you. It's wonderful when people support you, but





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Built Greater



10

JUAN
MOREL

you have to support yourself with your actions, which are a product of your thinking."

The now four-time and still reigning Mr. Olympia is seated beside Jay Cutler, also the owner of a quartet of Sandows. I tell him I didn't think he was at his best. "Well, it wasn't necessary, obviously," he says of the fullness he lacked. "I knew I could beat these guys on shape and conditioning. I can present different versions of myself and still win, and that's the key. If you look at any Mr. Olympia multiple champion, they never looked the same way twice. And the problem I have now is I'm always going to be compared with my previous self. So when you guys [in the press] see something, you go back to 2011 and say 'Why didn't you look like that?' instead of really looking at what I did against my competition this time. That's probably my biggest challenge

now. Sometimes people don't acknowledge that it was a tight battle and someone won by beating the competition. When it comes down to it, it's as simple as that."

He's right. We get jaded. We get impatient. We expect too much or we just want something different. All of us in the press pit and the audience and at home watching screens want to be wowed. Few in history have wowed us more than Phil Heath has over the past nine years. We can't expect him to establish a new standard every year, just as we can't expect to be shocked anew each time he locks in his rear double biceps. It's not about us and what we want to see. It's not the critic who counts. It's the man in the arena. Victory is achieved by beating the competition. That's how Phil Heath won again. And it is indeed as simple as that. **FLEX**



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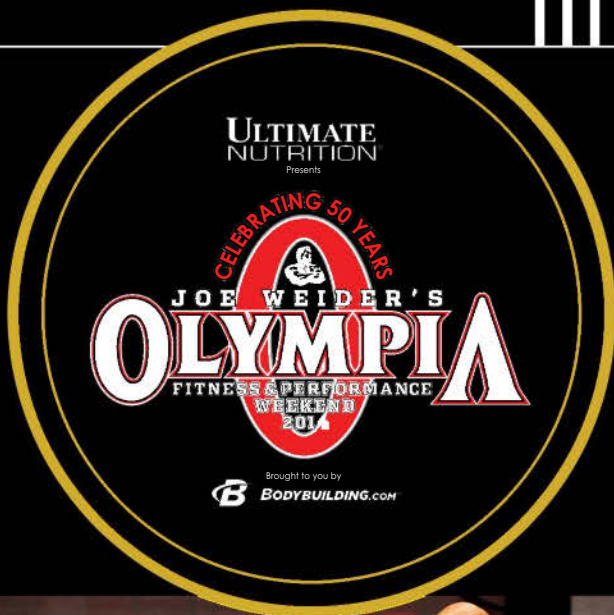
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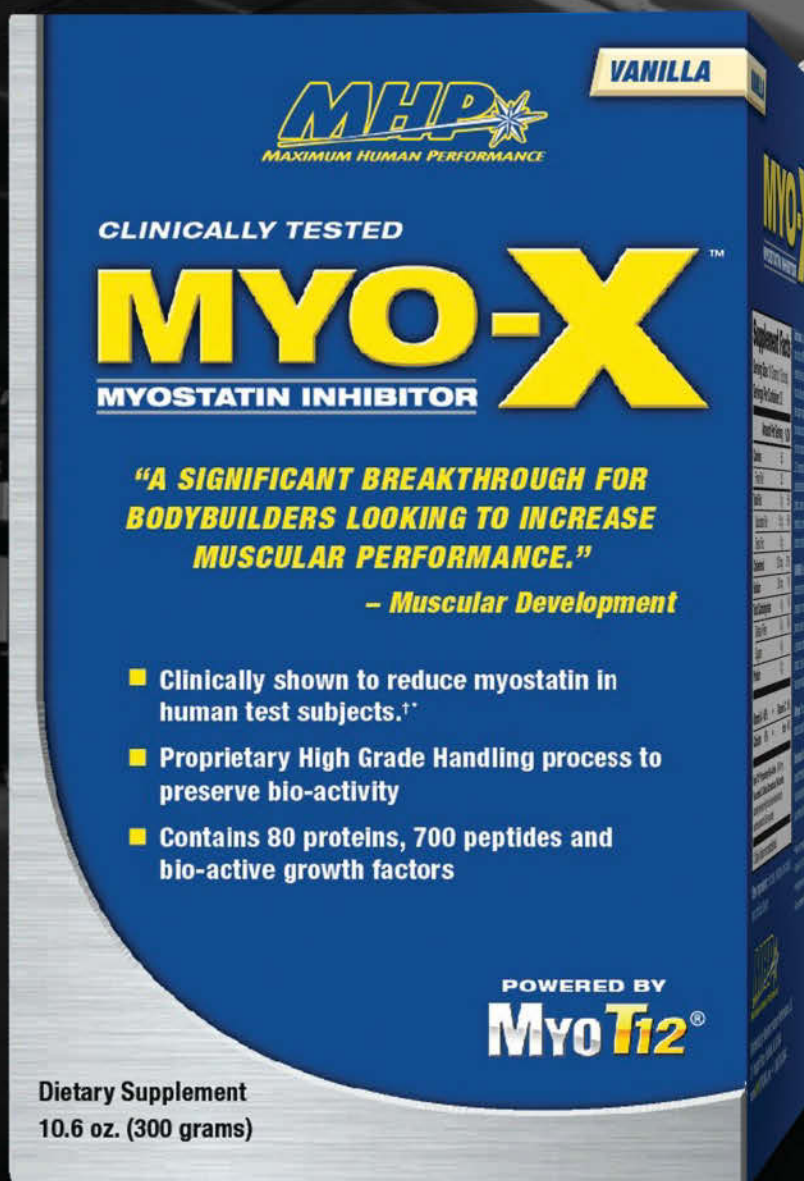
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■ If you ask 99% of bodybuilders if they periodize their workout, they probably will say no. Ronnie Coleman never changed his workout when he won his eight Olympia titles, but does that mean that you should never change your workouts? Bodybuilders need to constantly mix up their reps and sets to keep from adapting to their current workout plans. Previous research with strength training has shown that periodization of workouts can lead to increased strength and size; however, a new study in elite cyclists showed similar results in peak power output when their cycling workout were periodized.

Researchers compared the effects of two different methods of training, blocked periodization and traditional training, in trained cyclists. The blocked periodization group performed a one-week block of five high-intensity training sessions, followed by a three-week period of one high-intensity training session per week, and a training program consisting of a high volume of low-intensity training. The traditional group performed two high-intensity training sessions per week while simultaneously performing a relatively high volume of low-intensity training. At the end of the

study, the blocked periodization group had greater peak power output, whereas no changes occurred in the traditional training group. The present study suggests that block periodization of *training provides superior adaptations to traditional organization during a four-week training period* despite similar training volume and intensity. This is just another example of other exercise modalities showing that a constant training program will lead to inferior results compared with a program that varies periods of high- and low-intensity volume.

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BY BRAD SCHOENFELD, PH.D., C.S.C.S., F.N.S.C.A.

CHASE THE PUMP FOR GREATER GAINS

If you've seen Pumping Iron, you may recall Arnold saying the following: "The most satisfying feeling you can get in the gym is the pump. Let's say you train your biceps. The blood is rushing into your muscles. Your muscles get a really tight feeling, like your skin is going to explode any minute. It's like somebody blowing air into your muscles. There's no better feeling in the world." Ever since, training for the pump has become synonymous with bodybuilding.

What is not as well understood is how the pump works from a physiological standpoint. Here's the short course: When you lift, the veins taking blood from the working muscles become compressed from the force of muscular contractions. At the same time, blood continues to be delivered to the muscle by the arteries. This creates an increased concentration of blood within the muscle, causing plasma to leak from the capillaries and into the interstitial spaces. Upon completion of the set, a pressure gradient caused by accumulated extracellular fluid triggers a phenomenon called reactive hyperemia, where blood is drawn back into the muscle. The net effect is that the working muscles become engorged with blood, temporarily swelling the muscles far beyond their resting girth.

Okay, perhaps you're questioning the value of being swolen for a few hours post-workout. After all, the goal is to pack on real muscle that lasts 24/7, right? Well, contrary to popular belief, the effects of the pump aren't necessarily confined to the immediate post-workout period. Emerging evidence suggests

that getting a good pump could actually help promote greater long-term growth as well.

Studies clearly show that cell swelling—as occurs with the pump—initiates both anabolic and anti-catabolic effects. Specifically, it promotes a significant increase in protein synthesis with a corresponding decrease in protein breakdown. Since muscle growth is predicated on the protein balance, this translates into a hypertrophy home run! Moreover, type II muscle fibers have been shown to be particularly sensitive to osmotic changes, conceivably due to their high concentration of specialized water transport channels. The significance here is that type II fibers are theorized to have the greatest hypertrophic potential, suggesting that pump training might be particularly effective in stimulating their growth.

Although the underlying processes aren't entirely clear, it is believed that cell swelling acts on the body's survival mechanisms. **Similar to an overfilled water balloon, the increased pressure from swelling against the fiber membrane is perceived as a threat to the cell's integrity.** In response, volume sensors within the swollen muscle initiate an anabolic signaling cascade in an attempt to strengthen the ultrastructure of the fiber. The upshot: bigger, stronger fibers.

To maximize cell swelling, it's essential to keep working muscles under constant tension so that the veins remain continually compressed, and then maintain the venous compression long enough for blood to pool within the muscle. The pump is further enhanced by training in a manner that creates a substantial

amount of metabolic stress. The associated buildup of metabolic by-products, such as lactate, function as osmolytes that draw additional fluid into the muscle cell. Thus, both exercise selection and how you perform the movement are important considerations when training for the pump.

A couple of different strategies can be employed to maximize pump-related gains. One approach is to train with moderate to high reps and take short rest periods between sets. For example, perform 3–5 sets for a given exercise for 10–20 reps with no more than a minute of rest in between sets. Another option is to incorporate dropsets whereby a heavy set is performed to fatigue after which the load is immediately reduced by ~25–50% and then repped out until failure. Double dropsets where the load is decreased a second time can heighten the ef-

fect even more. To optimize results, you should employ exercises that maintain tension throughout the set. Traditional single-joint machine-based exercises such as the pec deck, reverse pec deck, leg extension, and seated leg curl exercises are generally good choices for pump training due to the constant tension they place on the target musculature.

Lastly, pump training when performing exercises in a continuous manner ensures that the target muscles are not allowed to relax. Research shows substantial reductions in local muscle oxygenation—consistent with heightened cell swelling—when training is performed without a relaxation phase as compared with a one-second relaxation between repetitions. When combined with the strategies previously mentioned, the result is a skin-splitting pump and potentially greater muscular gains.



Brad Schoenfeld, Ph.D., C.S.C.S., F.N.S.C.A. is widely regarded as one of the leading authorities on training for muscle development and fat loss. He is the author of the best-selling book *The M.A.X. Muscle Plan* and runs a popular website and blog at lookgreatnaked.com.

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BY MATT PORTER



HEAVY SQUATS FOR BIG ARMS?

The shocking truth behind it all

You may have heard in bodybuilding circles that basic, heavy, free-weight exercises increase overall body mass. Perhaps you've heard movements like squats, deadlifts, bench presses, and others induce endogenous hormone production, leading to acute increases in lactate, growth hormone (GH), insulin-like growth factor 1 (IGF-1), and testosterone. *These acute increases in specific hormones have been the main reasoning behind the belief that basic free weight movements cause just about every muscle to grow.*

I mean, it does make sense when you think about it: Heavy exertion plus multijoint activation equals heightened anabolic hormones translating to overall muscle hypertrophy!

Not so fast...

In a 2009 study in the *Journal of Applied Physiology*, researchers found no increase in strength or muscle hypertrophy in resistance-trained subjects performing heavy

leg training after a biceps workout. Twelve young, male subjects performed biceps curls on different days, under different conditions.

The first biceps-training session was performed alone with no other exercises afterward. The second biceps training session was performed with a high-volume, heavy leg exercise performed right after the biceps workout. This second session was to determine if the heavy leg-resistance training actually activated endogenous hormone production enough to manifest tangible muscle hypertrophy and strength gains. This program was followed for 15 weeks, during which time the subjects ingested a protein drink before and after each training session for appropriate nutritional support.

At the conclusion of the 15-week study, endogenous hormones were measured—and after the biceps training plus heavy leg training, increases in lactate, GH, IGF-1, total and free testosterone

had increased at the 15-minute mark post-training.

So the question is, did that acute increase in anabolic hormones increase muscle strength and hypertrophy in the arm trained in conjunction with the heavy leg exercise?

Unfortunately, no.

Both maximal strength and muscle cross-sectional area increased identically in both arms

by 20% versus a 19% increase in strength for biceps trained alone and biceps trained with a heavy leg exercise. An increase in skeletal muscle over a cross-sectional area of 12% versus 10% in the biceps trained alone compared to the biceps trained with a heavy leg exercise. These differences were not statistically significant.

What can we deduce from this study?

We can conclude that anyone who tries to convince you that performing heavy squats, deadlifts, and bench presses for the

sake of increasing acute anabolic hormones is under the wrong train of thought. You perform squats for maximal quad, hamstring, and glute development. You perform deadlifts for upper-trap, mid-back, and spinal erector development, and you bench press to build fully developed pectoral muscles.

You do not squat and deadlift for big arms or delts. You perform strict biceps curls and triceps extensions for huge guns, and dumbbell military presses for round, 3-D shoulders—it's as simple as that.

Another factor to consider is that people who are avid squatters, deadlifters, and bench pressers most likely will be more muscular and larger than weight trainees who bypass these heavy-hitting movements. If you think about it, those who are pouring energy into demanding exercises like the basics (squats/deadlifts/bench presses) are probably training arms, shoulders, and back intensely, too—therefore these individuals will be bigger, stronger, and more prominent with muscle mass.

My advice is to **always include multijoint movements into your weight-training routine.** If you suffer from injuries, I recommend pre-exhausting with isolation exercises in the beginning, then finish the session with the basic multijoint exercise at a lighter weight.

If you do not wish to pre-exhaust, I would try experimenting with German Volume Training (GVT), which is typically 10 sets of 10 reps with a 60-second rest period. I personally will manipulate GVT with 10 sets of 15 or 20 reps with 45 seconds rest if I really need to be careful with nagging injuries.

What about the subject of anabolic hormones and how to maximize your endogenous production? Make sure to avoid alcohol consumption, NSAIDs, and xenoestrogens. Do not neglect dietary fat to a great degree, and if you're reducing calories to lose body fat, reduce carbs, and supplement with essential fatty acids, MCT oils, and mild cholesterol consumption from cage-free, organic eggs.

I can guarantee doing all of the above nutritionally will aid in anabolic hormone production "chronically," seven days a week, as opposed to the mild "acute effect" you temporarily get from performing a few heavy sets of squats and deadlifts.

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TRAINING SMARTER

How to keep building muscle as you get older

I'll soon be turning 50.

After more than three decades in bodybuilding, it's my reality that I simply can't train the way I did when I was 20. My body doesn't respond the same way, I don't recover the same way, and I can't lift what I used to lift. I don't quite look like I did (a lot less hair!). Even so, I don't let that become a source of discouragement. The truth is that I'm now much more intelligent about my training, in touch with my physical limits, and far more attuned to my body. These advantages have helped me stave off the aging process. I continue to add density and definition to my physique, maintain my strength, and promote and enhance my quality of life. So, with attention to some important points about building muscle as you age, it can be done.

To begin with, *the body changes as we age*. It's a hard fact we all have to accept. Again, that doesn't mean you stop improving your physique and start circling the proverbial drain. But it does mean you have to make some adjustments. One must adapt a new style of training to accommodate a changing and aging physiology. I've found that a man or woman can continue to improve and sharpen the physique well into the later years, providing the mind is flexible when it comes to change. I underscore this point

first because we are all such creatures of habit. We resist change with the stubbornness of religious zealots. As humans, we instinctively want to keep things the same—it's in our wiring. Our mammalian physiology compels us to strive for homeostasis, or a condition of sameness. Change makes us uneasy. Fear of the unknown can be scary, and familiarity, on the other hand, breeds security. So *it's not so easy to start changing things up, especially when you've been doing them a certain way for many years*. On the other hand, while our nature and even genetics do their best to keep us locked in a pattern, our bodies, ironically, change and start to fail.

For most, the body starts to significantly push back at about age 35 in that we no longer put on muscle mass as readily as we used to. Recovery between workouts takes longer, it's not as easy to reach a high level of intensity, sleep-wake patterns change, and even digestion and appetite are influenced. There are, however, positive changes associated with aging.

One such change I've noticed has been the ability to recover more quickly, and not between workouts but between sets. This change has allowed me to speed through workouts with greater efficiency while having reached a very high level of intensity. This, in my opinion, is connected to a deep-rooted neuromuscular conditioning born of years of toil. In addition, I've also noticed an increased amount of vascularity throughout my body. I've always been quite vascular, but as I've aged it has become more pronounced. Just as with my outward appearance, I'm convinced that this also holds true within my muscles. So an increase in both age-cultivated

neuromuscular adaptation and deep-tissue vascularization from years of bodybuilding training has allowed me to work more efficiently under the weight. As a result, I can work with much lighter weights, do far fewer sets, and emerge with just as good a pump as ever.

In my "glory days" I was deeply focused on the numbers I'd move. Like the other young, hungry meatheads I trained with at the time, I was engrossed in how heavy I could lift. These days, in sharp contrast (although I am cognizant of my strength changes), *I pay much more attention to what the weight is doing to me rather than what I am doing to the weight*. So the first and foremost major adjustment that must take place is to back off testing the limits of ridiculously heavy poundage in training and instead make the training itself the focus. As I like to say, "train, don't strain." If you don't follow this advice, you are almost guaranteed an injury.

A wiser goal is to focus on refining the physique, adding better lean muscle shape, and

ONE MUST ADAPT A NEW STYLE OF TRAINING TO ACCOMMODATE A CHANGING AND AGING PHYSIOLOGY.



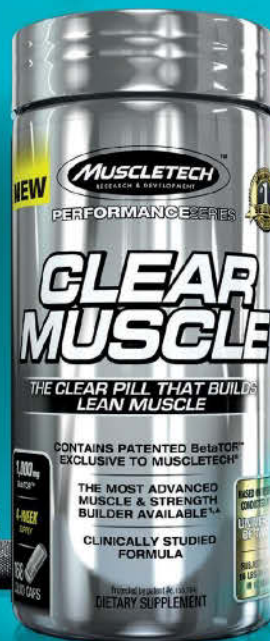
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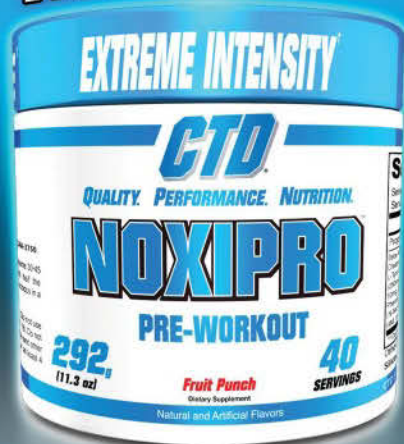
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improving muscle density and quality. If you have the self-control to do this, it pays off in a big way. I personally have found that the years from my 35th until now have been my most productive years by far. So while I haven't been putting on massive amounts of muscle due to age as well as to engaging in other types of training (like MMA), I have in my bodybuilding training been more attendant to the quality and refinement of my physique. My training routines, as a result, have become much shorter and more efficient. I've been less focused on the poundage moved and more on the "feeling" of the muscle contracting.

For instance, I came upon a key adjustment in terms of the speed with which I lower weight, also known as the "eccentric" movement. While I have always tried to maintain a brisk concentric contraction (referring to the force of pushing or pulling the weight), the eccentric lowering of the weight differs. In my younger days I was reckless by comparison in the way I lowered the weight. Now I lower the weight relatively slowly in a tightly controlled path before exerting the contrastingly explosive concentric force. *I started doing this instinctively because I felt that my joints, ligaments, and tendons simply couldn't handle weight crashing down the way they could in my relative youth*

This is not to be confused with the rate of eccentric motion in ultraslow training or eccentric-only training. Rather, while my eccentric motion contrasted with the concentric component, it was still performed at a high enough rate to significantly load and activate muscle fibers. Some call this eccentric stretch shortening. The truth is that I had tried ultraslow eccentric and eccentric-only training in the past and felt it wasn't particularly effective, that it actually left my muscles feeling flat and not well pumped. Thankfully I revisited a modification of this technique to help protect my aging body. I still did a contrasting slow eccentric, but modified it by speeding up the stretch cycle enough to keep my muscles stimulated, followed immediately by a brisk "upstroke" of concentric contraction.

Amazingly, what began as a simple instinctive adjustment to the cadence of my repetition in order to protect my body began to produce tremendous new development for my age. As a result, I adapted the controlled, slow, eccentric form followed immediately by a brisk concentric contraction in all my motions.

But that wasn't the end of it. I began working the slower eccentric while maintaining a vigorous and explosive concentric in the routines of the

non-bodybuilder athletes I work with. The results were equally impressive, as they put on significantly greater muscle mass and improved their athletic performance. Soon we adopted this technique in the physical therapy and injury rehabilitation component of our clinical centers. Perhaps most astounding of all, we noticed that the older and elderly patients were also responding. *It almost appeared that the much older patients had the biggest response.* While this was merely observational at the time, we now have published science to confirm what we were seeing.

One clinical trial recently published in *Experimental Gerontology* provides scientific support for this approach. While the growth-promoting effects of eccentric training have been well documented, this particular study examined whether the rate of stretch influences muscular response. They tested exercise training of the quadriceps muscle with low-rate eccentric versus high-rate eccentric stretch-shortening training in healthy males age 60–70. While both training programs produced improvement, only the high-rate eccentric stretch-shortening training produced a statistically significant increase in torque development: 30%. So the high-rate eccentric stretch-shortening training was uniquely effective in improving the ability to produce force rapidly. This component of physical movement is the key deficiency of aging muscle.

In conclusion, bodybuilding-style weight training is now a well established and fundamental part of sports training and athletic enhancement. Mountains of research prove that weight training is a profoundly effective adjunct to building strength, power, jumping ability, speed, durability, and resistance to injury among athletes. We also know that the benefits of a solid weightlifting regimen are not restricted to the jocks of the world. The reduction of muscle loss, or sarcopenia, as it is known in scientific and medical circles, is absolutely critical in order to promote longevity, reduce the incidence of illness and injury, and generally enhance quality of life. So as we wait for peer-reviewed clinical research to reveal the secrets of how to best unlock the benefits for all, at least we know a little more than before, specifically that high-rate eccentric stretch-shortening training stimulates a significantly greater development of muscle and power, especially as we age.

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COMPREHENSIVE HAMSTRING TRAINING

■ If you want to maximize the development of any muscle, it's imperative that you fully stimulate all the fibers within the muscle. In the case of hamstrings, achieving this task isn't as straightforward as it may seem. This column will consider the three primary mechanisms of muscle hypertrophy—mechanical tension, metabolic stress, and muscle damage—as it pertains to hamstring training.

MECHANICAL TENSION

Electromyography (EMG) doesn't measure muscle tension; it measures muscle activation. Regardless, it's a decent way to estimate the active tension on a muscle. Heavier weight will generate higher levels of mechanical tension, at least up to a certain point, so be sure to include some heavier hamstrings work in the lower-rep ranges. When seeking to target the outer hamstrings, externally rotate the feet to increase muscle activation in the lateral hamstrings, and internally rotate the feet to increase muscle activation in the medial hamstrings.

Many believe that plantar flexing the feet during leg curls will increase hamstring activity. Although you can't use as much weight when plantar flexing due to decreased gastrocnemius activity, hamstring activity is unchanged, therefore you don't need to concern yourself with ankle position during leg curls. When performing hip-extension movements, bending the knee will decrease hamstring activity, so *if attempting to target the hamstrings, you'll want to avoid going into deep knee flexion*. In support of this contention, research overwhelmingly supports the notion that the squat, leg press, split squat, stepup, and lunge exercises are not effective for achieving high levels of hamstring activation.

Perhaps surprisingly, hamstring EMG doesn't differ much between a conventional and stiff-leg deadlift or between a conventional and sumo deadlift. The lying leg curl activates the lower hamstrings to a greater degree than the stiff-leg deadlift, but their upper-hamstring activity is similar. As to which exercises elicit the highest levels of hamstring activation, the Nordic ham curl, stiff-leg deadlift, leg curl, seated leg curl, and weighted back extension appear to top the charts. Leg curl variations and weighted back extensions will preferentially target the lateral hamstrings, whereas kettlebell swings will preferentially target the medial hamstrings.

METABOLIC STRESS

With regard to metabolic stress and hamstring training, common sense tells us that medium to high reps with shorter rest periods will be ideal for creating high levels of metabolic stress. Common sense also tells us that knee flexion movements (leg curl exercise variations) *will be better suited for maximizing metabolic stress in comparison with hip extension movements*. Keeping constant tension on

the hamstrings by eliminating rest in between reps will increase metabolic stress. Finally, dropsets or "running the rack" can be highly effective in generating large levels of metabolic stress. There are six different studies that examine the fiber type proportion of the hamstrings, and when considering the entire body of evidence, it appears that the hamstrings have a fairly even blend of type I and type II fibers. Therefore, *be sure to incorporate some higher-rep hamstring training*.

MUSCLE DAMAGE

As far as muscle damage and hamstring training go, exercises that exhibit peak tensions at long muscle lengths will be superior for creating high levels of muscle damage. Therefore, stiff-leg deadlifts, Romanian deadlifts, good mornings, and seated leg curls all make for good, muscle-damaging hamstring exercises. Lunges create damage in the upper lateral hamstrings to a greater degree than leg curls. *A focus on the eccentric phase of the movement will lead to greater levels of muscle damage*, as will performing unfamiliar hamstrings movements or protocols. Pelvic tilt can impact

hamstring muscle length, which can therefore influence strain. Maintaining anterior pelvic tilt likely leads to higher levels of hamstring muscle damage when compared with posterior pelvic tilt during exercise, so make sure you keep an arch when performing deadlifts, good mornings, and back extensions.

SUMMARY

If you want to maximize hamstring hypertrophy, then you'll need to utilize sufficient variety in your training. For maximizing tension on the hamstrings, go heavy and perform leg curls, Nordic ham curls, and weighted back extensions. Turn the feet out to activate more lateral hamstrings and turn the feet in to activate more medial hamstrings. For producing high levels of metabolic stress, go a bit lighter and perform higher reps with shorter rest periods. Use leg curl variations and keep constant tension on the hamstrings. *For creating hamstring muscle damage, perform eccentrics, incorporate good mornings, stiff-leg deadlifts, seated leg curls, and Nordic ham curls, and switch up your hamstrings training regularly.*



CHRIS LUND

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1 Photos are members of Team BPI who received complimentary products in exchange for his testimony and photos.

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CITRULLINE MALATE

Support blood vessel dilation by taking citrulline, an amino acid that helps to increase arginine levels for increased nitric oxide (NO) activity. Once inside your body, citrulline converts to arginine.

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H:VOL from ALLMAX Nutrition contains all these ingredients, delivering 1.2 grams of citrulline malate 2:1 for a pure dose of 835mg of citrulline. Each dose of H:VOL also includes 750mg of Nitrosigine and other supplements that support greater NO production.



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THE GOODS

November's Jacked-in-a-Box showcased innovative new products to help you get big and shredded

Innovation is what keeps the supplement industry moving. Whether it's the development of a new product or improving upon existing formulas, the cutting-edge companies are always looking for new ingredients, better flavors, and new delivery systems.

BPI is one company coming out with new formulas and introducing new delivery systems. In October, we sent samples of BPI's new protein candy, Fun-n-bar. In November, we included **1** **1.M.R Vortex**. 1.M.R is an example of a product that has been improved as new research emerges. The pre-workout formula launched in 2009, but in 2010 a new 1.M.R formula that was even stronger and more powerful hit shelves. 1.M.R Vortex launched in 2013. Now, BPI has given the product a new look, but retaining the same great formula for more reps, bigger gains, focus, energy, and muscle building.

We're always writing about different ways to get more protein into your diet, and **2** **Met-Rx ISO 20 Gel** certainly fits the bill as different: it's 20 grams of protein that comes in gel form in a convenient, disposable pouch. The gel includes whey isolate, one of the fastest absorbing proteins, so this gel is perfect to take post-workout. ISO 20 Gel contains no sugar or fat, and has four grams of BCAAs from protein.

Bars are, of course, a popular way to get extra protein into your diet, so we included **3** **MuscleMeds Carnivor** soft baked protein bar—derived from beef protein isolate. This bar packs 30 grams of protein with only five grams of sugar; mem-

bers received our favorite flavor, chocolate peanut butter.

For guys looking to get lean, we shipped a trio of fat burners, **4** **Zantrex-3**, **5** **Beast 2 Shredded**, and **6** **Betancourt Ripped Juice EX2**. Zantrex-3 contains a proprietary blend of guarana, coffee bean extract, green tea, and other ingredients to increase metabolism and fat oxidation, making it perfect to take in the morning or before a workout to give you extra energy and boost fat burning.

We also sent orange mango-flavored Beast 2 Shredded powder for another option. 2 Shredded's formula includes caffeine and green tea to increase energy and dandelion and horsetail extracts to prevent bloating. The formula burns fat and controls appetite.

Betancourt Ripped Juice EX2 increases the body's metabolic rate and fat oxidation. Betancourt has used the latest research on nootropics (also known as "smart drugs") to create its best formula yet for sustained energy and focus.

November also included a trial size (30 capsules) of **7** **High G**. The makers of High T created High G with alpha-glycerol phosphoryl choline to regulate hormone growth. Combined with regular workouts, you will notice an increase in strength and stamina.



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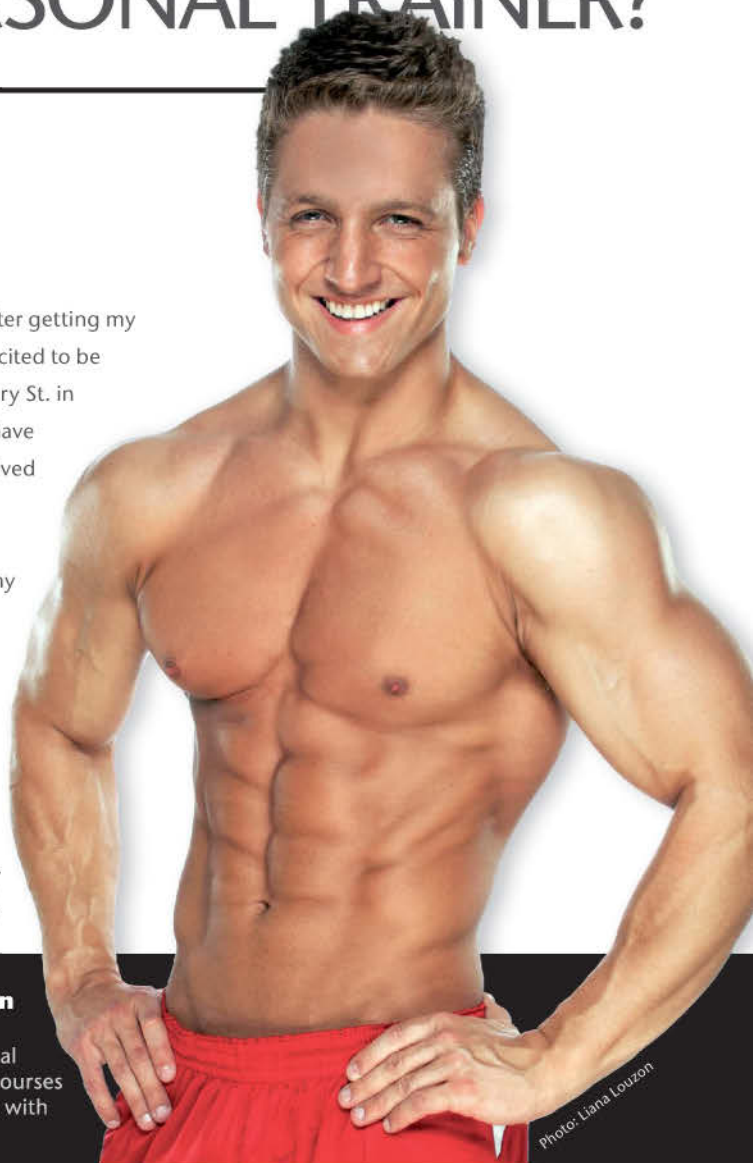


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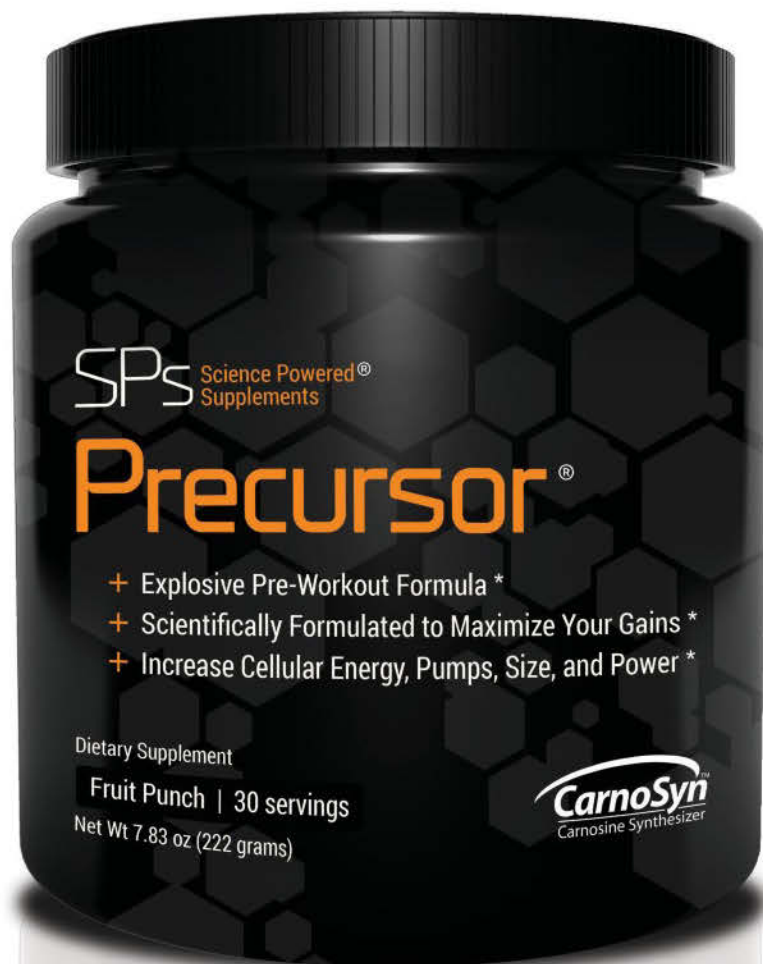


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Guillermo Escalante—Upland, CA

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Amber Bohnstengel—Clive, IA



"I gained 8.5 lbs. of lean muscle and lost 11.7% body fat. When I saw the results of my In Body scans after only 8 weeks of using MaxxTOR I was floored."

Andy Fidino—Eugene, OR

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Julie McKell—Wesley Chapel, FL



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THE FLEX DYNASTY

Flex Lewis wins his third straight Olympia 212 Showdown



Three is the magic number. When there was a lightweight Mr. Olympia division in the 70s, Franco Columbu won it the first three years and Frank Zane the final three. More recently, Kevin English was Olympia 202 Showdown champ thrice. In 2012, the 202-division weight limit was bumped up to 212. Flex Lewis took home the ultimate Olympia 212 Showdown prize that year and the next. Which brings us to 2014, with Lewis seeking No. 3. A victory would elevate him to a four-way tie for the most "lightweight" Olympia titles. But establishing a dynasty is never easy. This one was destined to be the Welsh Dragon's most difficult test yet.

THE CONTENDERS

The biggest surprise of the 212 contest came three days before the first pose, when perennial top contender David Henry weighed in at 198 in clothes, the lightest of the 14 competitors. (The three heaviest competitors, all over 210, ultimately landed in the top 3. Lewis weighed 211.9!) It wasn't an anomaly. On stage, Henry's legs lagged his upper body much more than in the past. He also lacked the spaghetti-like striations he has at his best. In his 16 previous 202 or 212 contests, his lowest placing (once) was third. That phenomenal streak includes his runner-up spots behind Lewis in the previous two 212 O's. But it ended here when the 39-year-old Air Force veteran finished out of the money.

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BY **GREG MERRITT**
PHOTOS BY **BILL COMSTOCK**

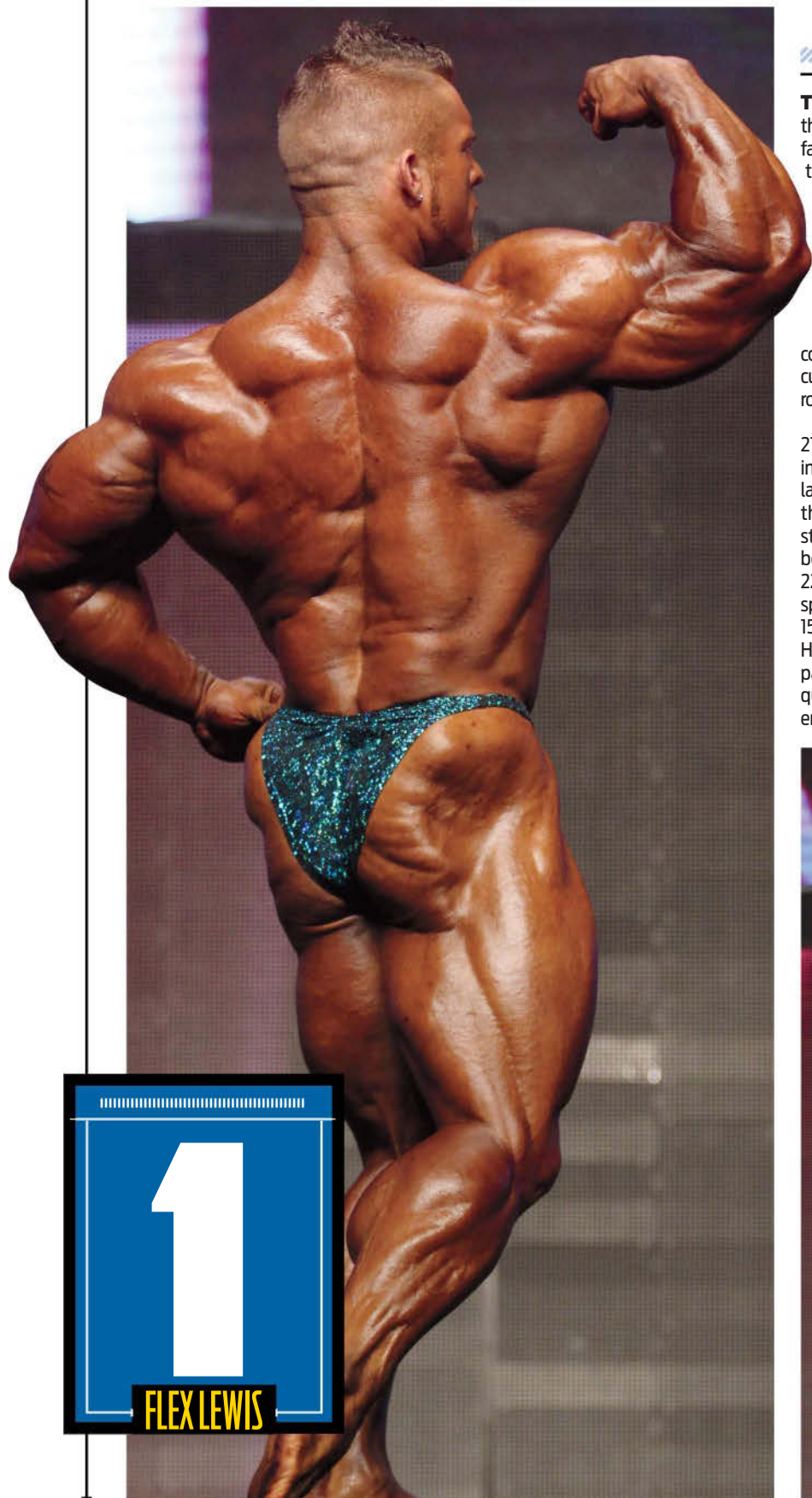


2014 IFBB OLYMPIA 212 SHOWDOWN

Sept. 20, 2014, Orleans Arena, Las Vegas, NV

COMPETITOR	COUNTRY	PRIZE MONEY
1. Flex Lewis*	U.K.	\$40,000
2. Eduardo Correa*	Brazil	\$17,000
3. Jose Raymond*	USA	\$8,000
4. Hidetada Yamagishi*	Japan	\$5,000
5. Baito Abbaspour*	Iran	\$3,000
6. Aaron Clark	USA	\$2,000
7. Sami Al Haddad	Bahrain	
8. Guy Cisternino	USA	
9. David Henry	USA	
10. Charles Dixon	USA	
11. Ahmad Ahmad	Sweden	
12. Mark Dugdale	USA	
13. Mboya Edwards	Canada	
14. Raul Carrasco	Spain	

*Qualified for the 2015 IFBB Olympia 212 Showdown



That shocker was as much a testament to the depth of this lineup as it was to Henry's faults. Only five points separated fourth-through-sixth place. Coming off his eye-opening third at the Arnold Classic 212, Aaron Clark was not quite as tight this time, but his proportionate physique continues to impress.

After competing unsuccessfully in the Mr. Olympia the past two years, Iran's Baito Abbaspour stepped down to the 212 division, where he sported the biggest wheels in the contest. His combination of deep cuts and broad curves was deserving of fourth place, but he narrowly missed it on the judges' score sheets.

Hidetada Yamagishi also shrank into the 212 division, doing so after thrice placing in the Mr. Olympia top 10. Predictably, he lacked some of his usual fullness, but, at 41, that was probably inevitable even if he had stayed in the unlimited division. As his gray beard attested, this was Jose Raymond's 22nd year of competitive bodybuilding—a span that has seen him expand from a 150-pound lightweight to a 212-pound beast. His pecs lag, but the rest of his 5'4" frame is packed with grainy, dense flesh. If this wasn't quite Raymond's peak, it was still good enough to match his best Olympia placing.





2
EDUARDO CORREA

THE DUEL

"That was the hardest anyone ever pushed Flex. Correa was in great shape. And you could tell Flex was not at his best. I think Flex took it when he turned to the back. Flex's back shots are amazing. But he got pushed very hard." That was how head judge Steve Weinberger assessed the duel for the top spot between Lewis and Eduardo Correa. As almost always, the Brazilian-born Correa sported HD conditioning. His quad separation, including clearly delineated sartorius, is the best in pro bodybuilding. His back is vast. His abs were the sharpest in the show. Still, despite the added leg mass, his upper half still overshadowed his lower. And, due to a triceps tear last year, his left arm trailed his right. Unfortunately for him, his greatest weakness—*aesthetic shape and proportionality*—is Lewis' trademark strength.

HEAD TO HEAD FLEX VS. EDUARDO





And yet, the Welsh Dragon was not at his best. When he walked out, the defending champ's belly was distended—visible proof of a stomach illness. The bloat was a shocking development for a bodybuilder known for his classical lines. It seemed this might be the year Correa, who had finished third in the 202 or 212 O Showdown three previous times, took the title. But in rear shots, Lewis again showed superior crispness from his calves to his neck. A case can be made for Correa getting the nod, but in the end Lewis'

structure and his edge in the back shots earned him Olympia 212 Showdown title No. 3.

"I feel great knowing that I walked away with a victory," a relieved Lewis said afterward. "It was a close one, because I left that door open. I don't know what happened at prejudging, but a couple of days before I had issues with my stomach. I didn't let the world know. I didn't want it to be a crutch, and I didn't want anyone to feel sorry for me. So I kept everything positive. I thought I was over it, but it

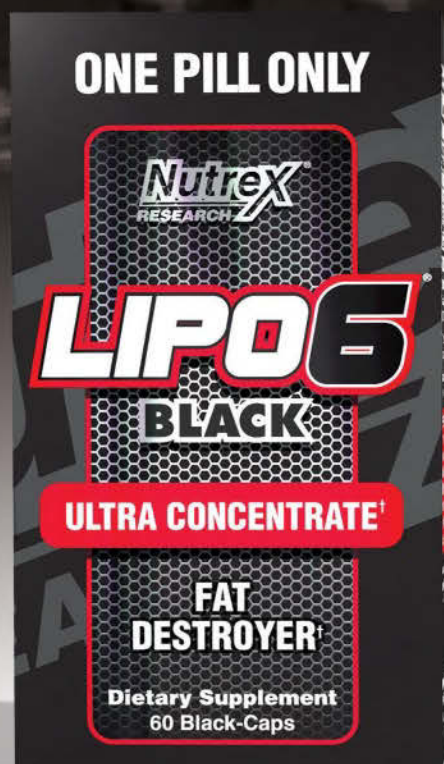
came back just before prejudging and really bloated me."

Then Flex Lewis, the fourth man to rack up a record three "lightweight" Olympia titles and the only man to win the Olympia 212 Showdown, turned the focus away from his own tribulation. "And this was the toughest 212 class ever, and as a fan of the sport and the 212 class I'm so pleased to see that. I'm so very happy and honored and humbled to win this title at the 50th anniversary [sic] of Joe Weider's Olympia. But, man, it was tough!"

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RECORDS FALL, WILKINS STANDS TALL



1

NICOLE WILKINS

History was made at the 2014 Figure Olympia, as defending champion Nicole Wilkins added a record-breaking fourth title to her impressive résumé. The road to victory wasn't without its challenges, however, as second-place finisher Candice Keene followed close on Wilkins' high heels all night. Both brought complete packages to the stage, with the 30-year-old champ out of Temecula, CA, nailing her condition on what is today the standard-bearing physique in the Figure division. Rounding out the top 4 were Chandler, AZ, native Candice Lewis—moving up six spots from 2013—followed by St. Louis' Ann Titone, who finished 6th last year. In 2015, the road to the crown won't be any easier for those contenders, as after the contest, an emotional Wilkins announced her intentions to defend her title.

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2014 IFBB FIGURE OLYMPIA

COMPETITOR	COUNTRY	PRIZE MONEY
1 Nicole Wilkins*	USA	\$28,000
2 Candice Keene*	USA	\$14,000
3 Candice Lewis*	USA	\$8,000
4 Ann Titone*	USA	\$5,000
5 Latorya Watts*	USA	\$3,000
6 Gennifer Strobo	USA	\$2,000
7 Julie Mayer	USA	
8 Dana Ambrose	USA	
9 Cydney Gillon	USA	
10 Allison Frahn	USA	
11 Alicia Coates	USA	
12 Jessica Graham	USA	
13 Camala Rodriguez	USA	
14 Wendy Fortino	USA	
15 Andrea Calhoun	USA	

Tied for 16th: Sasha Brown, Krista Dunn, Karina Grau, Natalia Lenartova, Zsuzsanna Toldi

**Qualified for the 2015 IFBB Figure Olympia*



3
CANDICE LEWIS



4
ANN TITONE



5
LATORYA WATTS

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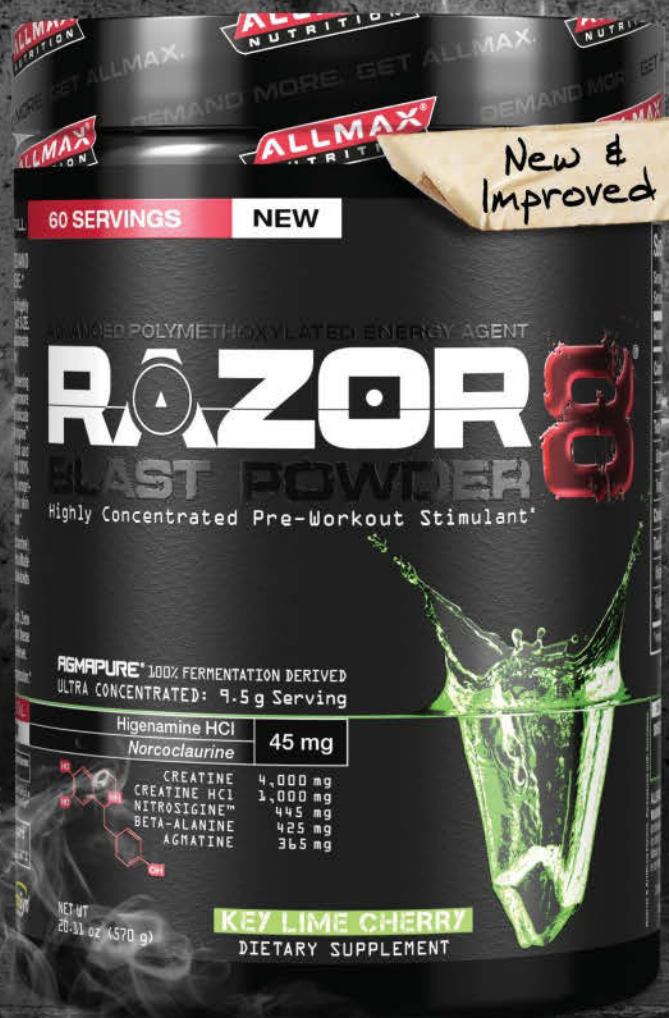


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RUSSIAN INVASION



Finally. That had to be the word on Oksana Grishina's mind as the two-time runner-up broke through for the Fitness Olympia crown, adding it to the 2014 Fitness International hardware she collected in Columbus this past February. With eight-time champ Adela Garcia retired—officially, as she announced to the Orleans Arena crowd after the event—the 36-year-old Russian gymnast came in favored, and did not disappoint. Always dynamic in the routine round—this time, she performed a *Flashdance*-inspired tour de force using a chair as a prop—Grishina had kept it close in the physique scoring, taking third place there, to seal the win. Second place went to 43-year-old Regiane Da Silva of Germany, with talented veteran Tanji Johnson taking third in her 12th Olympia appearance.



1

OKSANA GRISHINA

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3
TANJI JOHNSON



4
BETHANY CISTERMINO



5
MYRIAM CAPES

2014 IFBB FITNESS OLYMPIA

Competitor	Country	Prize Money
1 Oksana Grishina*	Russia	\$28,000
2 Regiane Da Silva*	Germany	\$14,000
3 Tanji Johnson*	USA	\$8,000
4 Bethany Cisternino*	USA	\$5,000
5 Myriam Capes*	Canada	\$3,000
6 Fiona Harris	Canada	\$2,000
7 Trish Warren	USA	
8 Whitney Jones	USA	
9 Danielle Ruban	Canada	
10 Marta Aguiar	Uruguay	
11 Amanda Hatfield	USA	
12 Somkina Liudmila	Russia	

*Qualified for the 2015 IFBB Fitness Olympia



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REPEAT PERFORMANCE



Ashley Kaltwasser was a runaway winner in the 2014 Bikini Olympia contest, outpacing 2014 IFBB Battle on the Beach Bikini victor Janet Layug in second and 2014 Patriots Pro Bikini titlist Stacey Alexander, who repeated her third-place Olympia finish from 2013. The 25-year-old Kaltwasser, who earlier this year took home the Bikini International crown during the Arnold Sports Festival, scored a perfect 5 from judges and became the first champ in the event's five-year run to successfully defend the crown. "It's like a dream come true all over again," she said onstage afterward. "Last year, I came in as an unknown, I just wanted to get top 10—but this year I made history."

1

ASHLEY KALTWASSER



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2014 IFBB BIKINI OLYMPIA

COMPETITOR	COUNTRY	PRIZE MONEY
1 Ashley Kaltwasser*	USA	\$25,000
2 Janet Layug*	USA	\$12,000
3 Stacey Alexander*	USA	\$7,000
4 Yeshaira Robles*	USA	\$3,000
5 Amanda Latona*	USA	\$2,000
6 India Paulino	USA	\$1,000
7 Sarah LeBlanc	USA	
8 Tawna Eubanks	USA	
9 Noemi Olah	Hungary	
10 Stephanie Mahoe	USA	
11 Candice Conroy	USA	
12 Narmin Assria	USA	
13 Vladmira Krasova	Czech Republic	
14 Lacey DeLuca	USA	
15 Sarah LeBlanc	USA	

Tied for 16th: Noy Alexander, Jessica Arevalo, Taylor Bentson, Kelsie Clark, Christina Fjaere, Sandi Forsythe, Jenee Leger, Dayna Maletton, Angela Marquez, Crystal Matthews, Brittany Taylor, Nikola Weiterova

*Qualified for the 2015 IFBB Bikini Olympia



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PERFECT 10



The winningest Olympia champion ever, Iris Kyle, made it an amazing 10 Ms. Olympia titles, then called it a career in a tearful speech to the crowd afterward. While the scorecards showed her victory was never in doubt, with perfect scores in the prejudging and finals rounds, the battle was anything but perfunctory. That's thanks to Romania's Alina Popa, the 2013 runner-up who brought an amazing physique (and a decidedly better lower body than Kyle) and cemented herself as the early favorite next time around. In third was the ageless Debi Laszewski, competing in her sixth Olympia at the age of 44—a stage where she's never finished outside the top 4.



1
IRIS KYLE

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DEBI LASZEWSKI



ALANA SHIPP



YAXENI ORIQUEN-GARCIA

2014 IFBB MS. OLYMPIA

Competitor	Country	Prize Money
1 Iris Kyle*	USA	\$22,000
2 Alina Popa*	Romania	\$12,000
3 Debi Laszewski*	USA	\$6,000
4 Alana Shipp*	USA	\$5,000
5 Yaxeni Oriquen-Garcia*	Venezuela	\$3,000
6 Anne Freitas	Brazil	\$2,000
7 Sheila Bleck	USA	
8 Jennifer Sedia	USA	
9 Rita Bello	Argentina	
10 Margie Martin	USA	
11 Christine Envall	Australia	
12 Lisa Giesbrecht	Canada	
13 Simone Oliveira	Brazil	



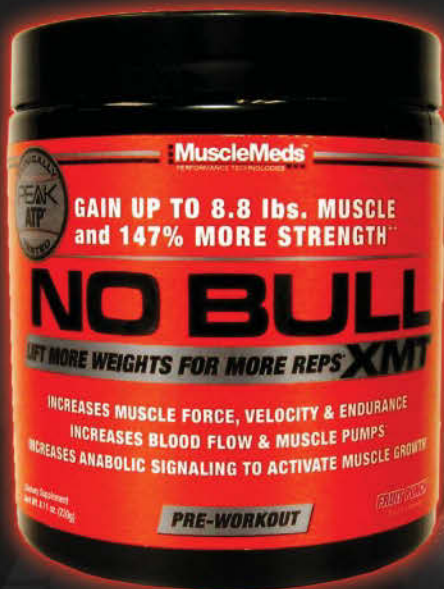
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BATTLE OF THE BOARD SHORTS



JEREMY BUENDIA

In a loaded 18-man lineup that left no margin for error, Jeremy Buendia overcame all challengers to win the second-ever Olympia Men's Physique Showdown on Sept. 20 in Las Vegas. Runner-up last year to inaugural champ Mark Anthony Wingson—who slipped to sixth this time around thanks to a tougher slate of competition—the 5'8", 165-pound Buendia had just enough poise and development to edge the 5'11", 190-pound Yugoslavian import Sadik Hadzovic by a mere point on the score sheets. Third went to 33-year-old Jason Poston, who came in with three IFBB physique victories on his résumé in 2014 and improved on his fifth-place Olympia showing in 2013.



SADIK HADZOVIC



JASON POSTON

2014 IFBB OLYMPIA MEN'S PHYSIQUE SHOWDOWN

COMPETITOR	COUNTRY	PRIZE MONEY
1 Jeremy Buendia*	USA	\$15,000
2 Sadik Hadzovic*	USA	\$7,000
3 Jason Poston*	USA	\$3,000
4 Matthew Acton*	USA	\$1,500
5 Steve Cook*	USA	\$1,000
6 MarkAnthonyWingson	USA	
7 Anton Antipov	USA	
8 Michael Anderson	USA	
9 Xavisus Gayden	USA	
10 Tyler Anderson	USA	
11 Tory Woodward	USA	
12 German Pacheco	USA	
13 Jeff Seid	USA	
14 Arya Saffaie	USA	
15 Felipe Franco	Brazil	

Tied for 16th: Matt Christianer, Tonnell Rodrigue, Jonathan Sebastian

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MALACARNE FIGURES IT OUT



"Seven years ago, I came to the United States with \$3,000, speaking no English, with a pro card and a dream—and today my dream came true." That was former figure competitor Juliana Malacarne, moments after she toppled reigning champ Dana Linn Bailey in a closely contested battle for the 2014 Olympia Women's Physique Showdown crown on Sept. 20. Malacarne—thwarted in figure by her body, which while muscular and well-proportioned was deemed too much by that division's judging standards—has found herself right at home in physique, which is essentially a lightweight version of the Ms. Olympia. The 39-year-old Brazilian, who was seventh last year in the inaugural Olympia Women's Physique Showdown, wowed this time around with a beautiful blend of proportion and mass, and a stellar posing routine. Third place went to Tycie Coppett of Atlanta, whose height is both a blessing and a curse. At 5'9", she is an onstage presence, but is still working to add enough shapely muscle to contend with the likes of Malacarne. **FLEX**

2014 IFBB OLYMPIA WOMEN'S PHYSIQUE SHOWDOWN

COMPETITOR	COUNTRY	PRIZE MONEY	COMPETITOR	COUNTRY
1 Juliana Malacarne*	Brazil	\$15,000	11 Karin Hobbs	USA
2 Dana Linn Bailey*	USA	\$7,000	12 Jacklyn Abrams	USA
3 Tycie Coppett*	USA	\$3,000	13 Patricia Mello	Brazil
4 Karina Nascimento*	USA	\$1,500	14 Heather Grace	USA
5 Sabrina Taylor*	USA	\$1,000	15 Tamee Marie	USA
6 Mindi O'Brien	Canada			
7 La'Drissa Bonivel	USA			
8 Jillian Reville	USA			
9 Jennifer Robinson	USA			
10 Frances Mendez	USA			

Tied for 16th: Rachel Baker, Roxie Beckles, Olga Beliakova, Nathalie Falk, Samantha Hill, Sandra Lombardo, Leila Thompson, Toni West

*Qualified for the 2015 IFBB Olympia Women's Physique Showdown



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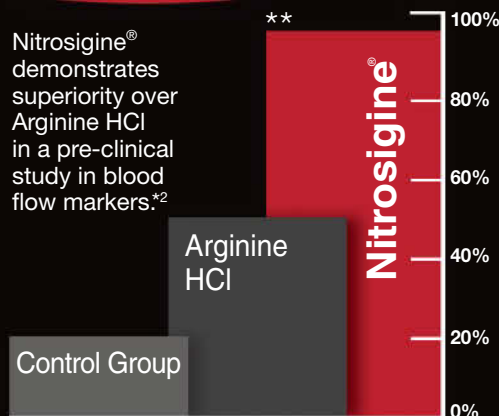
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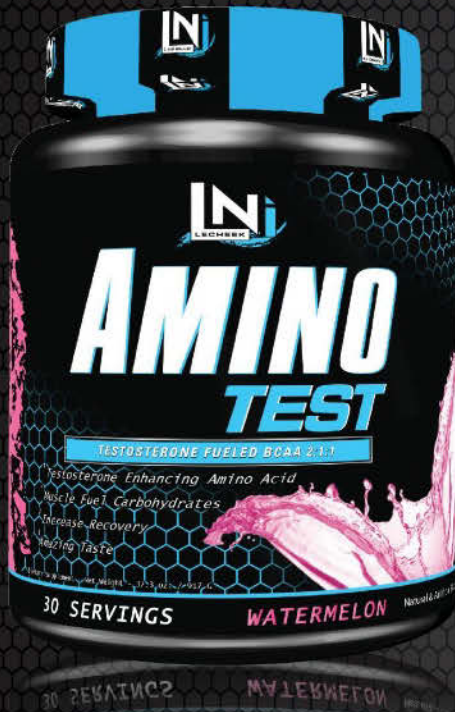
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BACKSTAGE AT THE OLYMPIA

Sept. 19–20, Orleans Arena

OLYMPIA ALL-ACCESS

Go everywhere, see everything, and meet everyone at the 2014 Olympia Weekend



Kai Greene makes his point to Sami Al Haddad.

From the first anxious greetings at the athletes meeting on Wednesday evening to the blissful last dance at the after-party on Sunday morning, FLEX brings you up-close and personal as only we can with all-access coverage of the 50th Olympia. These photos capture the camaraderie, the tension, the passion, and the joy of Olympia Weekend.



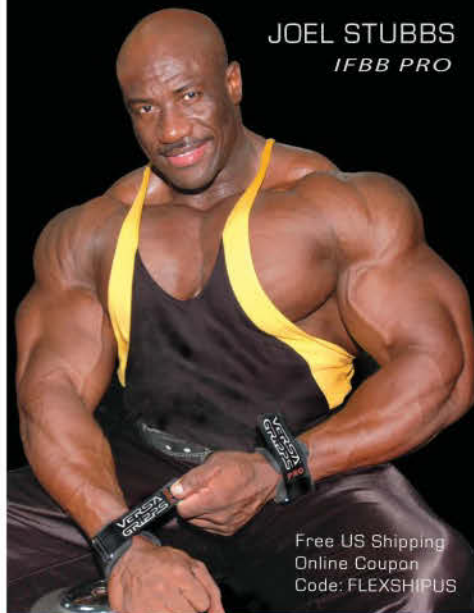
(far left) Shawn Rhoden flexes, (left) Mamdouh Elssbiay pumps up, (above) Arnold Schwarzenegger with Betty Weider, (right) the four-time champ revels in his victory.



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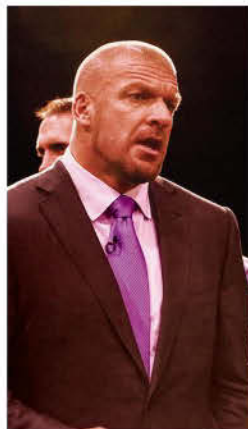
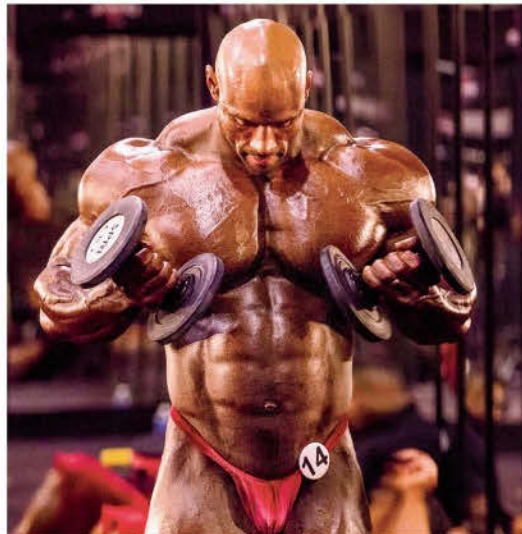
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(top left) Flex Lewis flexes, (top right) Juan Morel curls, (center) Triple H, (center right) Eduardo Correa, (left) the tension builds between Heath and Greene.

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SCENE AT THE ATHLETES MEETING ||| Sept. 17, Orleans Arena



(left) still-bearded Phil Heath (below, top to bottom), Dennis Wolf, Shawn Rhoden, Juan Morel, and Kai Greene.



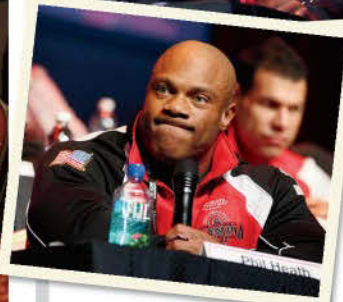
Olympia rookies William Bonac and Jojo Ntiforo share the joy of making it to the ultimate contest.



SCENE AT THE PRESS CONFERENCE

Sept. 18, Orleans Hotel

(from top to center), Victor Martinez greets the crowd, Mamdouh Elsabbay make a point, emcee Bob Cicherillo delivers a joke.



(above) Greene and Heath crank up the tension.



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(above) Amanda Latoya displays her assets, (below) eight-time Mr. Olympia Ronnie Coleman flexes.



(top) FLEX Bikini Search contestants, (above) IFBB President Rafael Santonja; (right) Dennis James and daughter Anna, (below right), 10-time Ms. Olympia Iris Kyle and 212 competitor Hidetada Yamagishi, (bottom) a mobile Olympia billboard.





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SCENE AT MEET THE OLYMPIANS ||| Sept. 18, Orleans Hotel

(right) Fans gather to meet their favorite Olympia athletes. (below clockwise from upper right) Dave Henry with wife Nicki and daughter Brynna, Shawn Rhoden, Kai Greene, Mamdouh Elssbiay with fans, Nicole Wilkins, Jose Raymond (center), Branch Warren.



SCENE AT THE OFFICIAL 2014 OLYMPIA AFTER-PARTY

Sept. 20, Surrender Nightclub

Fit people shake their glutes late into the morning at the Wynn's Surrender Nightclub.



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SENSORY FORMULA



ROMAN'S EMPIRE

BY MICHAEL BERG, N.S.C.A.-C.P.T.
PHOTOGRAPHS BY JOSEF ADLT

Fresh off a perfect-score victory at the Amateur Olympia Europe this past June, German giant **Roman Fritz** is seeking new worlds to conquer. Here's the tale of his steady march into the IFBB pro ranks.

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“Apples.” Not the answer you’d expect when asking a bodybuilder the secret to his early training success. But then again, you’re likely in for a lot of interesting surprises when talking to newly minted IFBB pro Roman Fritz.

Winner of the Amateur Olympia Europe on June 7, the 26-year-old German wasn’t always the 5’11”, 238-pound shredded dominator that appears onstage today. At the age of 15, he was actually a bit emaciated, truth be told...a 121-pounder constantly fending off questions about whether he suffered from some sort of disease. Then he discovered apples. And training. And a dog-eared copy of FLEX with Kevin Levrone on the cover, and a bold new course was set.

Fritz reveals his journey from thin teen to what may just be the next big thing in the professional bodybuilding ranks. Here, he talks everything from his early days in the gym to his burgeoning competitive success to the training and nutrition plan he used for his pro-card-securing victory in Prague. As for those apples? You’ll have to read on to see the role they played in his unique fitness journey.

FLEX: Can you tell us a little about growing up in Germany?

Roman Fritz: I was an only child...we had the whole family living under one roof in a big three-story house. My grandfather, who has since passed, sadly, along with my grandmother, owned a successful metalworking company. My mother is a full-time bookkeeper.

And your father?

The man who contributed half of my DNA has never been able to stay in one job for a long period of time, and basically lived off my mother and my grandparents. I don’t know what he’s doing right now. He left us when I was around 12 or 13 years old for another woman who also had a son. Luckily, my parents have never been married.

What impact did that have?

After my father left, I became somewhat of a problem child. At



ROMAN “REX” FRITZ

Birthdate April 13, 1988

Birthplace & Current Residence Munich, Germany

Height 5’11” **Weight** 238 pounds contest, 255 off-season

Contest History 2009 World Amateur Championships, Junior class heavyweight and overall winner; 2013 Arnold Amateur, 3rd, super-heavyweight class; 2013 German Championships, super-heavyweight and overall winner; 2014 Amateur Olympia Europe, heavyweight and overall winner (earned pro card).

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Facebook Roman Fritz (official)

one point my mum felt like she couldn’t handle me anymore, so she decided to put me into a boarding school.

Is that where you found bodybuilding, or did that come later?

The facility did not offer any type of sports or activities for the students. Out of boredom I started shooting hoops in the school’s gym and went running around a nearby lake. At that time I had actually been a little chubby, and I figured that if I was going to be



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stuck in this shithole anyway, I might at least spend my time after school getting rid of my belly.

I simply stopped eating all foods except apples, played basketball, and ran around the lake like a maniac for hours, all by myself. I went from almost 200 pounds at 5'11" to a very skinny 121 pounds.

I liked the new lean and shredded version of myself a lot more than the chubby guy I used be. But my appearance still wasn't what I wanted. Especially because of the feedback I got from the people around me. My mum, the kids at school, and everybody who saw me totally freaked out. "Damn! You look sick. Go and eat something already." That's what prompted me to first take a glance at the school gym's weight room.

That probably wasn't the greatest of facilities, was it?

The room was about 10-by-18 feet, moist, with water leaking through the ceiling. It was dirty, and the paint was peeling off the wall. All the weights were covered in rust, some of them so bad that you couldn't even pick them up because the rust had glued them to the floor. The equipment was as basic as it could get—a power rack, two benches, a pulley machine that was broken, a couple of barbells, and a set of adjustable dumbbells.

The only guys in school who'd ever go train in there were two exchange students from Hungary. Pretty thick dudes,

but I was scared of talking to them because they were older. My being the skinny little guy, I considered myself lucky enough that they would even allow me to enter the room with them.

One day one of them left a copy of FLEX magazine in the room. It had Kevin Levrone on the cover. That was the moment that changed my life. I had never seen anything like it before. The guy was huge! Covered in muscle, striations, and veins but still superlean without an ounce of fat on his body. That was exactly what I wanted my body to look like, and from that exact moment on I decided I was going to become a professional bodybuilder.

How old were you at that point?

About 15.

You've said in prior interviews that you had a cousin who helped you at the beginning?

His name's Christian Biller. He also lives in Munich and works, besides his real job with the government, as a personal trainer. One weekend when I was home from school, he took me to his gym. From then on I went there every weekend, soaking up everything he taught me about proper techniques, protein, carbs, fats, and supplements.

I put together my own diet of six meals. Basic stuff like oats, rice cakes, fruit, eggs, chicken, and lowfat dairy. I also started using a 70% whey/30% casein protein powder, a multivitamin, and creatine. I ordered the book *Joe Weider's Bodybuilding System* from an ad in FLEX and followed an upper-body/lower-body training split that I found in there. I cut back to four weekly workouts

with each muscle being trained twice a week. Within the first nine weeks on this program I gained around 23 pounds.

What prompted you to enter the Bavarian Championships in 2006?

After 2½ years of training, I was up to a pretty bloated 231 pounds. After having seen the 2005 Bavarian Championships, I had an idea of what I'd be up against and figured I was ready. I started dieting 12 weeks out and came down to around 200 pounds. I won the contest with perfect scores and went on to the German Nationals two weeks later. I took fifth in a class of 13 competitors. I was very happy with both placings, since I had turned 18 only a month before, which made me the youngest contestant in each of the two contests.



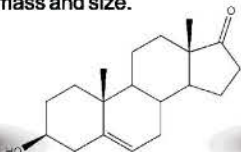
**THE GUY WAS
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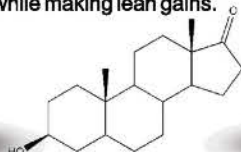
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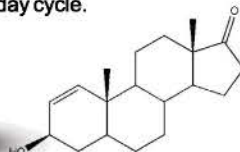
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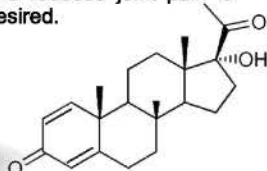
Epiandro contains an andro precursor to stanolone along with ecdysterone cofactors to increase muscle hardness. This product is for men over 21 trying to increase strength and aggression while making lean gains.



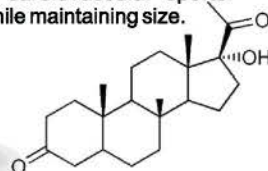
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FRITZ'S

2014 TRAINING PROGRAM

These workouts were lifted out of Fritz's training log. "Most of the time I do each workout twice a week and force myself to take the seventh day off from weights," he explains. "But if I'm feeling recuperated and good, I might go for a couple of weeks without taking a rest day." Each of the working sets listed here (warmup sets are not included in this tally) are taken to complete muscle failure. Cardio is done for 30 minutes in the morning on an empty stomach; at seven weeks out from the Amateur Olympia, Fritz started adding an extra 20 minutes of cardio after his Day 1 and Day 2 p.m. workouts.

DAY 1		
EXERCISE	SETS	REPS
A.M.: Chest and back		
Incline Dumbbell Press	10	6–12
Incline Machine Press	5	20*
Dumbbell Pullover	5	12*
Cable Crossover	5	12
Behind-the-Neck Pulldown	5	12
Plus: One abdominal exercise and posing practice.		
P.M.: Traps and shoulders		
Wide-grip Pulldown	5	20*
Dumbbell Shrug	5	6–12
Smith Machine Shrug	3	12*
Standing Military Press	5	6–12
Machine Shoulder Press	3	20*
Machine Lateral Raise		10
Bentover Rear Delt Cable Raise	3	12*
Bentover Dumbbell Raise	3	12
* For these exercises, Fritz uses the rest-pause technique, choosing a weight that causes him to fail before the listed rep target is reached—he'll rest as many times as it takes to reach the listed reps.		

† He'll rest 45 seconds max between each set of machine laterals.



DAY 2		
EXERCISE	SETS	REPS
A.M.: Back and abs		
Wide-grip Pulldown	5	20*
Dumbbell Pullover	5	12†
One-arm Dumbbell Row	5	6–8
Bentover Barbell Row	5	6–10
Supported T-bar Row	5	20*
Plus: One ab exercise.		
* Fritz uses the rest-pause technique to complete these sets.		
† Fritz employs dropsets to reach 12 total reps per set.		
P.M.: Arms		
Rope Pushdown	5	12*
Standing Cable Curl	5	15*
Alternating Dumbbell Curl	5	6†
One-arm Preacher Curl	5	6–8^
Dip	5	12
Overhead Rope Extension	5	12#
Close-grip Pushup	1	20

Plus: Two forearm exercises and one set of abs.

* Fritz superset the last set of each exercise with the first set of the following one. The last set is a strip set.

† Fritz goes heavy and uses some cheating to complete these reps.

^ Fritz will eke out forced reps at the end, using his non-working arm to assist, and doesn't rest between sets.

A partner will help with forced reps at the end when Fritz reaches initial failure.

DAY 3		
EXERCISE	SETS	REPS
A.M.: Calves and hamstrings		
Standing Calf Raise	3	12*†
Seated Calf Raise	1	20*^
Donkey Calf Raise	3	12*†
Tibialis Raise superset with Standing Calf Raise (body weight)	3	20
Lying Leg Curl	10	13*
Deadlifts	5	4–6
Single-leg Curl	3	12#
Glute-ham Raise	2	12^

* Fritz uses rest-pause to complete these sets.

† After the last rep, Fritz employs Doggcrapp-style hamstring stretches, holding a stretch on the machine against resistance.

^ The last few reps may be forced reps with the help of a partner.

Fritz will cheat (within reason) to assist with the completion of these reps.

P.M.: Hamstrings and quadriceps

Lying Leg Curl superset with Adductor Machine	5	12–15
Hack Squat	5	12*
Barbell Squat	10	3–6†
Sissy Squat	5	12
Leg Extension	3	20#

* These sets are completed with rest-pause.

† Fritz uses 315 pounds for each working set.

Fritz goes heavy, dropping the weight each time he fails.

Note: On leg day, in both the morning and afternoon session, Fritz superset the last set of each exercise with the first set of the following one. He also finishes each leg workout with a stretching regimen.

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With that early competitive success, what was next?

I took some time off from competing because I promised my mother I'd finish school. In 2008, I went back to the Bavarians and later the Nationals and won the overall under-21 junior division at both with perfect scores at a body weight of only 189 pounds.

The following year I decided to take it to the next level by entering the 2009 IFBB World Championships in Poland. The weeks before that show, as a warmup, I entered the Bavarian Championships for the third time, and, of course, I also had to qualify for the IFBB Worlds at the German Team Universe. I won the overall junior division at all three.

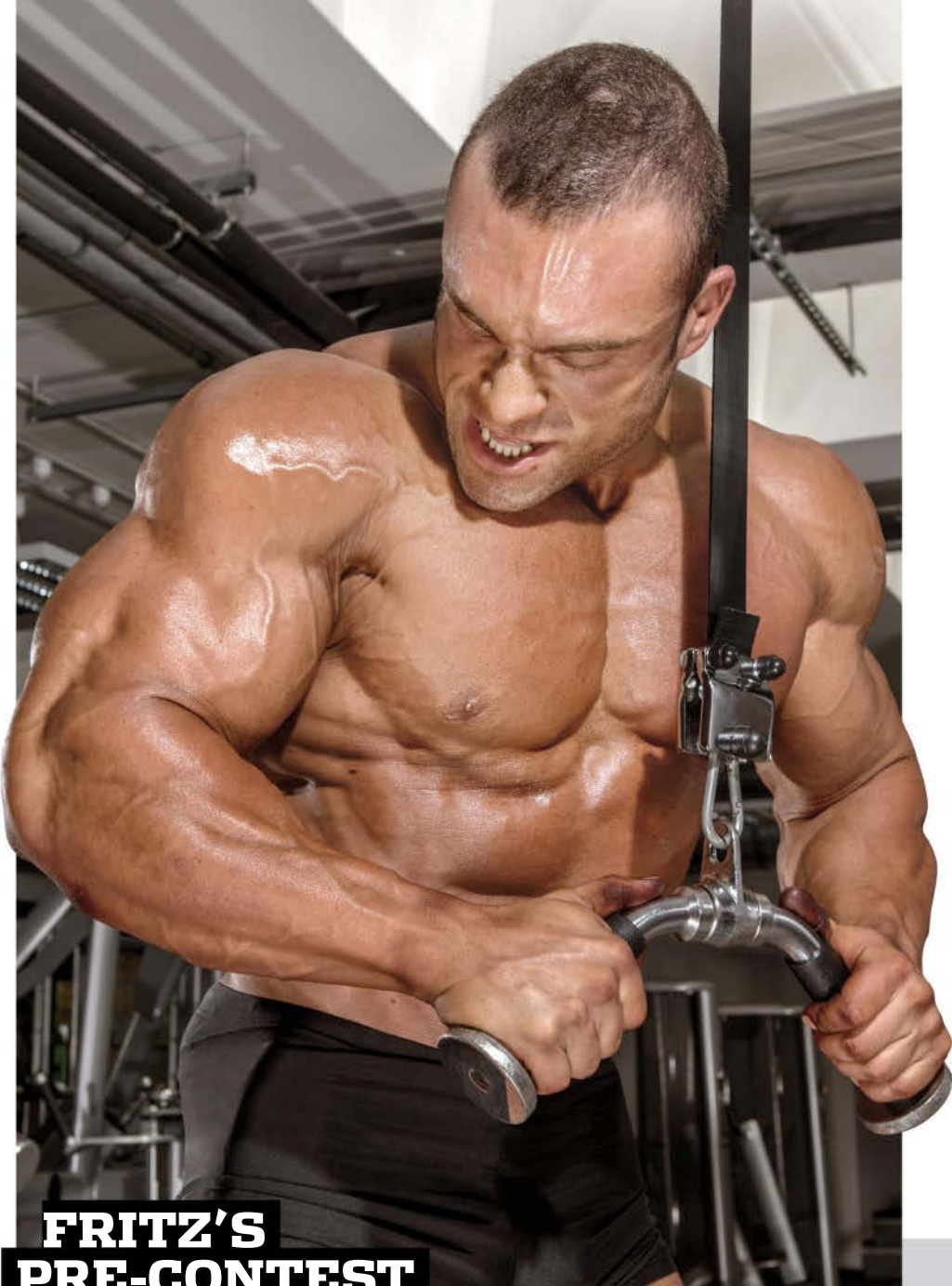
After competing all this time in the junior division, 2010 was going to be my debut in the men's open division. As the youngest competitor ever, I won both the Bavarian and Southern German Championships and went on to take second in heavy-weights at the Nationals.

A knee injury kept me from competing again until the 2013 Arnold Classic Amateur. There, I placed a very disappointing third after losing 20 pounds two days out due to a terrible food poisoning. I really wish I could wipe my "Arnold experience" from my memory. For some time after, I was thinking about quitting competitive bodybuilding.

Thankfully, you didn't do that. How did you shake that?

I made up my mind and got my inner fire burning again. Two months after the Arnold, I jumped into the 2013 German Nationals, where I took the super-heavy-weight and overall title, once again with perfect scores.

At first I thought I had qualified for pro status by winning this title...but that wasn't the case. The IFBB instated a rule change that said that European athletes can apply for a pro card only if they win an overall title in either the Arnold Amateur, Amateur Mr. Olympia, World Championships, or European Championships. This meant that I had to go back and compete one last time as an amateur. I picked the Amateur Mr. O in Prague, Czech Republic, held in June 2014. I said to myself that this time was either make or break.



FRITZ'S PRE-CONTEST DIET

This is a snapshot of a typical day in Fritz's lead-up to his 2014 Amateur Olympia triumph

MEAL 1

700g (21) egg whites
100g buckwheat flakes
(80g carbs)

TRAINING SESSION (A.M.)

MEAL 2
700g (21) egg whites
100g rice cakes

MEAL 3

340g white fish
100g rice cakes
Vegetables

MEAL 4

330g turkey breast
100g rice cakes

TRAINING SESSION (P.M.)

MEAL 5
700g (21) egg whites
100g rice cakes

MEAL 6

330g turkey breast
100g rice cakes
Vegetables

MEAL 7

340g white fish
100g rice cakes

NOTE

Fritz drinks at least three gallons of water per day.

SUPPLEMENTS

Animal Pak

One serving with breakfast, one with Meal 5

Animal Nitro
Two servings

upon waking, two during, and three after workouts, one 20 minutes before meals

Universal Glutamine

10g upon waking, 10g post-workout, 5g 25 minutes before Meal 7

Animal Omega

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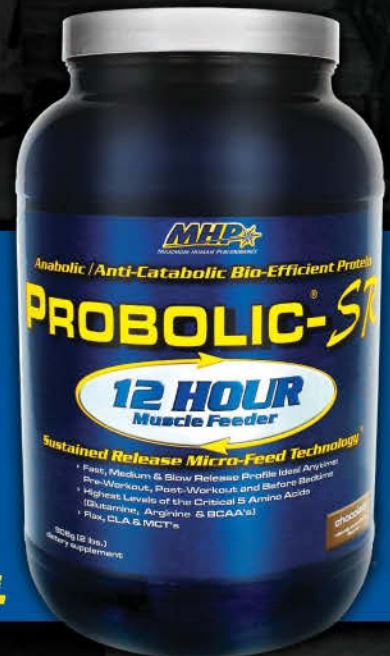
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*Rely, P.T., et al., Journal of Applied Physiology, April 3, 2014.

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I started prepping for what was going to be my final attempt at becoming an IFBB pro 25 weeks out. I made it and now I'm where I envisioned myself ever since I first looked at Kevin Levrone's FLEX cover shot 10 years ago.

What are you focusing on before your pro debut?

Since I don't really have any major weak points, I'm just looking to gain overall size while keeping my waist in check.

How do you split?

Two workouts per day, that's how I've trained for most of my career.

As far as your overall workout philosophy, do you train to muscle failure each set?

Oh, yeah! I don't believe in "pump workouts" or "pump sets." If I'm going to pick up a weight, I won't let go until my body gives out. Everything else is just a waste of time and energy. In my opinion, you have to show the body that it's too weak in order to persuade it to adapt and grow.

Is there anything in your workouts that isn't typical but that you discovered works for you through trial and error?

Normally I'm a very high-volume trainer. This works for all of my body parts except calves. I had very weak calves during my first few years in the gym, although I pounded them day after day with set after set. It was very frustrating. A former IFBB pro gave me the tip of trying a totally different approach for calves. Along the lines of Dorian Yates' high-intensity

training, he told me to do only one single set of each standing and seated calf raises, while using a very heavy weight that would allow for only 12 reps at the most. Following this routine, my calves started growing overnight, so fast that I got stretch marks in the area of my gastrocnemius muscle. I've been doing this ever since.

Are there specific intensity techniques you use a lot?

My favorites are rest-pause sets. I set a goal number of reps, 12 for

example, but I intentionally pick a weight that will make me fail before I get to that number. When this happens, I rack the weight, take 10 deep breaths, and then complete the set. The heavier the weight or the higher you set your rep goal, the tougher you can make those sets. If the goal is 20 reps, I might have to take up to four or five breaks in order to complete the set. It's very painful.

Do you have a job outside of bodybuilding?

I work as a personal trainer and also have a lot of online clients. I studied health-care management and (earned) a bachelor's degree. I'm also a licensed fitness trainer here in Germany, which, unlike many other countries, is an officially recognized certification by the German government. The funny thing here is that I actually seem to work better with females than with men. For some reason women almost never complain about the diet or training programs that I give them. Men are a lot more whiny. **FLEX**

**IF I'M GOING TO
PICK UP A WEIGHT,
I WON'T LET GO
UNTIL MY BODY
GIVES OUT.
EVERYTHING ELSE
IS JUST A WASTE
OF TIME AND ENERGY.**

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BY DAVID SANDLER



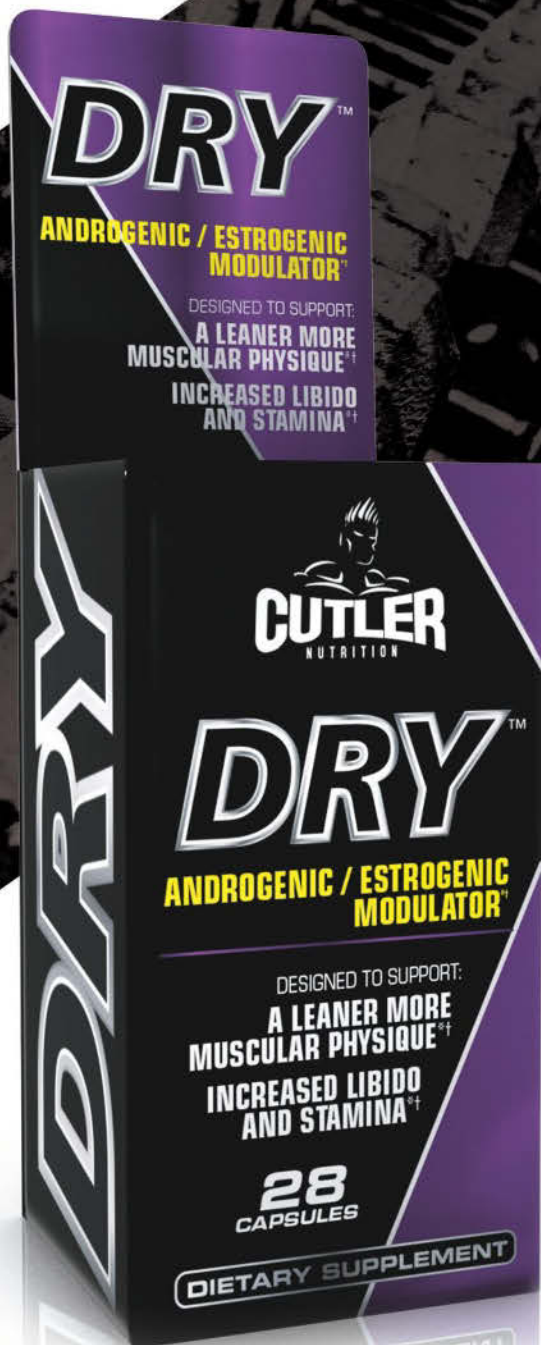
Are you a narcissist? If you are not, you should be. Maybe not to the extreme, but if you don't strive for perfection and keep a watchful eye over your progress, you'll never achieve the pinnacle of success as measured by your inner self. Whoa, sound deep? Perhaps. I'm not much good with the psychoanalytical thing, but it sounded like the right thing to say. Besides, no matter how you cut it, it's our egoistical need for dominance that fuels our weight room plight. It's fine to be huge and freaky but unacceptable to be small and geeky. Whether it's strength or size driven, the desire to be big, lean, and perfectly balanced across all body parts is part of our character. The complete package is something we continually chase.

The most important thing you can do is realize that you care how you look and you will never be happy no matter how perfect you are. The term *alpha male* is merely scratching the surface of your need to impress everyone, even though most people really don't care—it's simply your belief that they do. Thus, the hierarchy of needs suggested by Maslow some 60 years ago, may actually help us understand why we are so driven to succeed. But what does an early-1950s theory have to do with training? For starters, Maslow defined five levels of social need, starting with the base physiological need level, and progressing up with safety, belonging, esteem, and finishing at the top with self-actualization. Each level of the pyramid relies on the base built before it and takes a basic requirement, adds to it to include greater boundaries and obstacles, and then refines it before it reaches the pinnacle. Perhaps training for the perfect physique follows a similar path on your way to dialing up the complete package. There are some basic requirements. There are some basic needs. You have to build layer upon layer to reach the size and shape you want. And then you have to refine all of your hard work to reach the peak.

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Applying hierarchy theory to build the complete package

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SANDLER'S PYRAMID OF PERFECTION: THE ART AND SCIENCE OF DIALING IT IN

While I ain't Maslow, and I certainly didn't invent the idea of training for size and shape, I do know that there is a process that everyone must follow in order to reach the perfect package. Depending on where you are on your quest, you may need to start at the bottom or somewhere in between. Regardless, if you are higher up the pyramid, it's likely you started at the bottom some time ago. However, even those who are well-established with their look need to pay attention, unless you are as big and ripped as you ever want to be. Chances are you want to get bigger, and chances are that you want to get leaner. If you start in the middle on your quest for size, you will fail. If you try to lean out, and don't have solid muscle underneath, you will fail. And, thus, the pyramid of perfection has merit.

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START WITH THE BASICS

STRENGTH & MASS

Consider this the equivalent to Maslow's basic physiological need. Without it, your body has nothing from which to build. Build some solid muscle first. I'm sure that statement is not a shocker. But it amazes me how many guys simply try to build size, without building the foundation. **Muscle continues to rebuild and layer itself with training.** Just as with building a house you start from the bottom up, you need to hit the weights with big lifts like bench press, squat, and some heavy-duty rows, and incorporate some big mass-building moves like shoulder presses, bentover rows, and leg presses. Then work your way out toward the smaller muscles. Check your strength along the way to ensure you are continually getting stronger, as strength is the foundation of building size—the stronger you are, the more weight you lift. And the more total weight you can move in a single workout, the faster you get to your goals. A good strength program will last four to eight weeks, hitting each muscle group and major movement at least once per week and twice if you have the willpower to push your limits. One of the very best things you can do to ensure you'll always have the complete package is to go back to these basics every once in a while. At least twice, if not four or more times per year, you should go back to some heavy-duty basic training. **Forget the pump and work on strength.** It's especially important if you have hit a period when your body just doesn't seem to want to grow. The big strength moves will help recruit new muscle fibers and force your body to try harder, as it has to recover both mentally and physically. And both are needed to build that base. Don't worry if your muscles don't seem to grow. When you go back to your hypertrophy program, you'll be much further ahead than you were, and your muscles will respond favorably to your newly acquired strength.



DOMINATE YOUR DOMAIN

SIZE & SHAPE

Taking the next step in the pyramid gets you to the point where you are ready to really see your body develop its true colors. In social theory, it's called "safety"—you establish your comfortable limit and look that allows you to feel confident in what you do. In our pyramid of perfection, this stage is by far the most rewarding training for guys. **Nothing beats a huge pump and muscles that, when underneath a shirt, give you the Incredible Hulk look, especially when you throw on that medium-size shirt.** This is the look that has people saying, "That guy is huge." You can see the outlines of your muscles and total-body thickness, although it may have a layer of insulation, which works fine in the winter when no one is worried about the beach.

This type of training is dominated by a combination of big multijoint moves along with constant refining via isolated exercises to enhance the growth potential. Training is spattered with variation: dropsets, exhaust moves, odd angles, and a constant barrage of sets and reps on the same body part until it's annihilated. High volume is the name of the game, and workouts can take quite a while to complete, but when you're done, you don't need to inflate your chest and spread your wings—your body will do it for you. **The downside to this type of training is that it becomes infectious.** You tend to live for the pump, which drives you back to the gym just to keep swole. For the most part this is a good thing, but after a while, your body begins to normalize, and no matter what size technique you employ, your body will eventually beg you for something different. If you can continue to see true gains, not just big pumps, 16 weeks later with this program, you are a very unique individual. Generally, eight to 12 weeks is your reliable target, and then it's time to redesign your program and reevaluate your body.

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- ✓ Bioperine® – 5mg Helps to increase the absorption of nutrients

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REFINING BODY PARTS

Social need theory suggests

that reaching the fourth level, "Esteem," essentially gives you the power to hang in the top percentage of your clique with confidence. If you reach this level and never reach the top of the pyramid, you have gotten further than most people on our planet. As defined in our pyramid of perfection, this level takes you a step beyond what truly separates the men from the boys. Those who are willing to realize that their deltoids are swallowing their neck, while their chest continues to resemble that of a champion chess-playing high schooler, will eventually build the complete package. **Those who don't, will always complain that they were unfairly judged and can't understand why certain body parts just won't grow.** Oh, and then blame poor genetics simply to avert the truth.

First things first. You have to work it if you want it to grow. For many guys, working legs would be a perfect example, but alas, I won't go on a rant about having a pair of popsicle sticks to support your overgrown lump from your waist up. Do you ever wonder why some parts grow so well and become your favorites? It's probably because you work them until they are beaten to a pulp and then work them some more. As a former powerlifter with a monster chest (relatively speaking, of course), it was no wonder my lat spread was put to shame by anything larger than a hummingbird. This may be the most crucial stage in your development of that award-winning physique and your quest for the perfect package. **The point where you decide to work your weak links and bring them up to the rest of your body.** For almost any non-true bodybuilder this means, guys, it's time to work your legs...even once! For those who do train legs, if your calves are weak, you should get in a heavy dose of calf-first training. That's right, before you squat, leg press, or beef your quads up any more, train your calves two or even three times per week and do it first in your program. That same rule applies to any weak link whether, it's your back, chest, arms, or something else that is preventing you from reaching the perfect package.

DISCIPLINE AND DIRECTION

DIET & NUTRITION

At the outset, it may be hard to correlate the third social hierarchy stage to your diet, since it is defined as "Belonging." Truth is, the connection is more real than not. If you want to "belong" in a group that is defined by the shape of your body, then you have to hit a good diet. And to belong in this group you need to make a sacrifice—it's time to bite the bullet. This is the point in your life or your training cycle where the rubber meets the road. You built a mighty beast, and now it's time to tame it and get prepared to show it off. **Perhaps one of the most difficult things in the human race is becoming disciplined enough to try to really hold back on arguably the greatest social activity—eating.** We are programmed to devour everything in front of us. Moreover, we insist on doing it with friends and in a state of inactivity, such as watching sporting events, movies, or sitting around with a bunch of cocktails. The power of peer pressure combines with thoughts like "it's just one" or "I'll get it with cardio" to undermine resistance, or else you just blow it off completely and loosen your belt. Either way, you lose the battle. While this may not be that big a problem for some, it's magnified by the fact that guys want to know what exercise will make their chest pop, their bi's peak, and their back look like a minefield of boulders. The answer doesn't lie in the exercise selection but in the menu selection. Chicken wings and beer will give you chicken legs and a keg pack. **While the occasional cheat is recommended, it needs to be done with thought.** Plan ahead. Build out a macronutrient profile that meets your lifestyle but keeps you dropping the fat. Don't cut out carbs or drop fat too much—instead drop your portion size and teach your body how to burn those carbs when they get in. In fact, the disciplined lifter believes carbs are friends, and when cycled correctly, give you monster pumps, road map vascularity, and unlimited energy. Of course, up your protein and amino. Don't just fuel growth, help it.

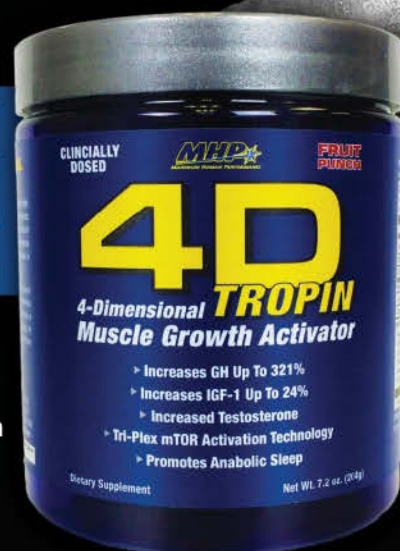
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THE TOP

DIALED IN

For a competitive bodybuilder, this is measured by your stage presence along with a super-ripped and ultra-refined body shape. However, this should not be confused with how you place. Even those who place first are often not content and fail to reach Self-Actualization as defined by social need theory. But for everyone else, whether stage-bound or not, **this represents the point at which you are truly proud of what you have done.** When you have made the ultimate sacrifice and manned up to the task. It's not whether you win or lose, and no, it's not how you played the game, but it's that you fought the battle and came out on top mentally. As social theory would suggest, you have a lack of prejudice (against yourself or others) and you have accepted all the facts—this is your best, or the best you want to get to and you have nothing more to prove to yourself.

Dialing it in is where the true definition of the art and science of looking good is perfected. **While science explains much of the physiological adaptation, there's an art to making everything click.** Since no two humans are exactly the same (even in the case of identical twins) there will always be an unexplained X factor that will be required to make perfection a reality. A trick that works for one may completely backfire and do the opposite for another. Interestingly enough, most scientists would argue that the "art" of training is unimportant. But scientists who have been to the other side will beg to differ, or should I say, prove beyond a shadow of a doubt that science can't explain it and begging is not needed, as the proof is in the pudding. Take it from a guy who has been a practitioner for as long as he has been a scientist—it is almost impossible to separate the two, but also almost impossible to correlate the two. And hence, the practitioner is often more of a reliable source based on actual proof than relying on a scientist who touts a controlled experiment that can say it is truly based only on probability. Besides, when self-actualization requires you to believe in yourself, and you are left to survive in a constantly changing environment, I would put my money on practice every day of the week over a theory that still suggests that more research is needed.



THE PYRAMID OF PERFECTION

While the concept is really just a way to bring everything together, if you dive into things, you will likely agree, there is merit to the idea that hierarchy exists in training and that you need to build one layer at a time. The amount of time you devote at each level is a function of how much of that level you need to move to the next step. And even when you get to the top, you'll likely start again, as training for perfection continues to evolve and elude. That means that you'll probably set a new goal, a new look, or a new level to achieve, and so unlike social hierarchy where, at least in theory, you can reach a truly satisfying and fulfilled point in your life, the pinnacle of the pyramid of perfection in training continues to get further away rather than closer—at least for those of us who are truly passionate about striving for perfection. But then what would be the fun in being perfect anyway? **FLEX**

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REMEMBERING **MIKE**



BY GREG MERRITT

The meteoric rise and lasting legacy of
“People’s Champ” **Mike Matarazzo**

Nov. 8, 1965–Aug. 16, 2014

ROBERT REIFF

The suits in the board rooms plot and scheme. The scientists in the labs formulate and postulate. While the bloggers online offer their two cents. Anecdotes and rhetoric, theories and promises. It all sounds great. But with five hundred unforgiving pounds across your shoulders, those words don't mean shit. All the marketing hype in the world won't keep that weight from breaking you in half. When the time for talk is over and the weight is on the bar, the most dedicated strength athletes in the world choose Pak because for more than three decades it has never let them down. Battle-tested and proven where it matters most... On the stage. On the platform. In the gym. In the trenches.

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MIKE MATARAZZO STUCK HIS TONGUE OUT.

■ **He did it every time** he crunched a most-muscular during his 31 pro shows. And the crowd always roared. Even though he never won a single one of those 31 contests, he was beloved by bodybuilding fans. They adored him because the tongue out said I'm loving this. His trademark gesture punctured the artifice of the cooler-than-thou bodybuilding persona. He wasn't going to saunter about serving up faux smiles as if doling out gifts. Forget that. This Bostonian was, at heart, a blue-collar worker, and he never forgot his roots. So when he locked in his most muscular and his tongue jutted out of his grinning maw, he was letting everyone know that, no matter his placing, he was having a blast. And the crowd roared in solidarity.

I THE ROOTS

Somerville, MA, is a working-class city adjoining Boston. That's where Mike Matarazzo Jr. grew up. "I wouldn't change a thing," he said of his hometown. "My family didn't have any money, but the buddies I grew up with were the closest friends I've ever had in my life." Inspired by fellow Italian-American Rocky Balboa, he boxed. He won the 1985 Massachusetts Golden Gloves light-heavyweight championships. But while working out for the ring, Matarazzo discovered he liked hitting weights more than getting hit.

"Dave Draper, Arnold Schwarzenegger, Lou Ferrigno, Mike Katz, Sergio Oliva, and Frank Zane," Matarazzo answered when asked to list his early iron influences. "I idolized all of the bodybuilders who came from that old-school, hardcore era. They didn't need any fancy equipment. They trained with intensity and focus, regardless of the gym or other limitations." That was the ethic this Bostonian truck driver brought to his workouts. And he ballooned up as a consequence. At 5'10" and 226 pounds, he won the overall title at his first contest, the 1989 Gold's Gym Classic in Massachusetts.

Early in 1991, in the tradition of some of his aforementioned idols, he moved to Venice, CA, to train at Gold's Gym.

I was there then. Bodybuilding's mecca was beginning its second renaissance. The first had been in the '70s with Arnold and company. This second, in turn, was fueled by bodybuilders born in the '60s who grew up idolizing Arnold—guys like Flex Wheeler, Chris Cormier, and Shawn Ray, who were part of a wave of talent that created an ever-expanding surplus of elite pro physiques during the '90s. It seemed daily an unknown amateur was showing up at Gold's from



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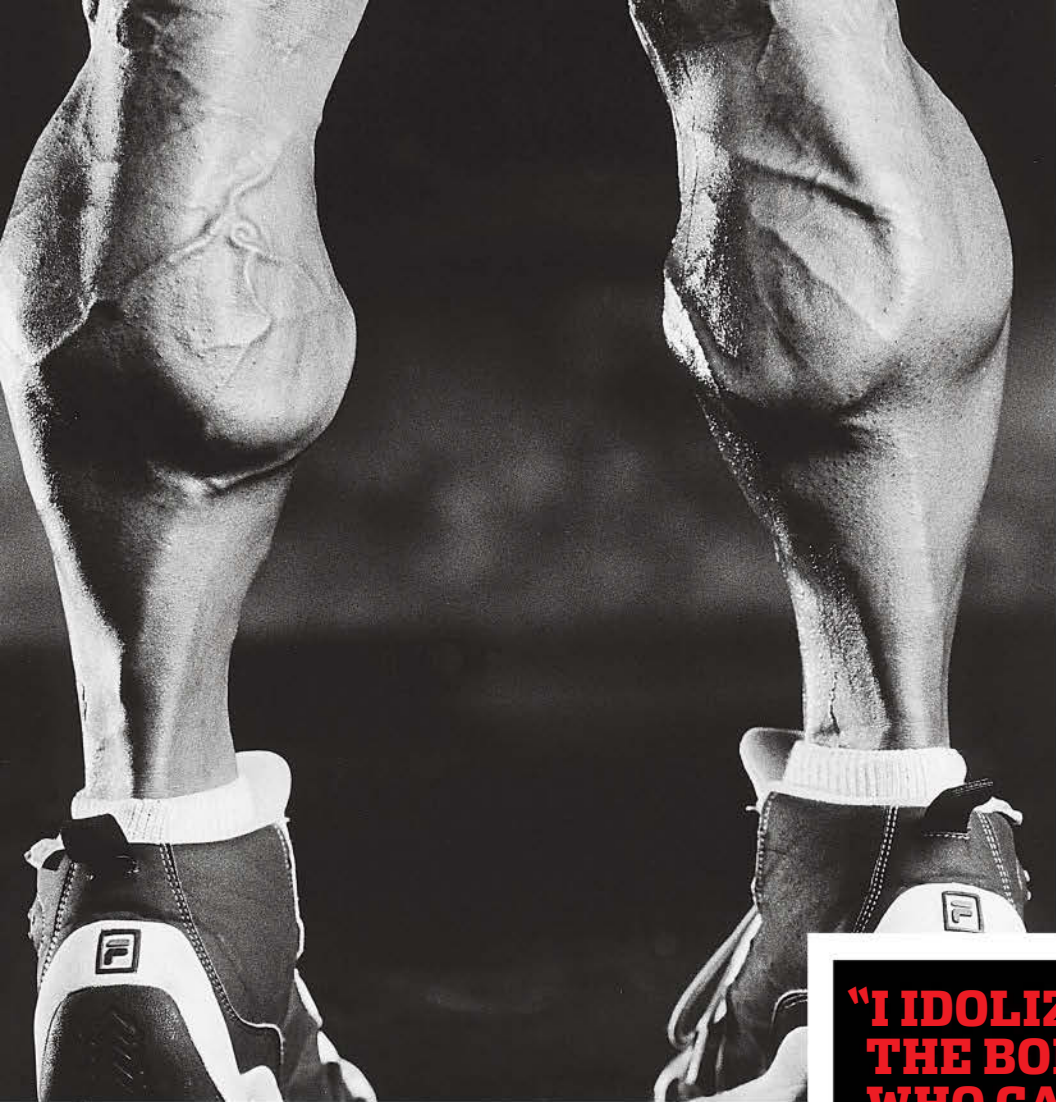
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when I won the show and turned pro, it was a magical experience.”

I THE BIG LEAGUE

Two months later, with the same confidence that had fueled his USA quest, he jumped into the Mr. Olympia. Why not? He was undefeated and the talk of bodybuilding, and, as with the USA, he needed to see just where he stood. That's when he learned firsthand how great the schism is between the best amateurs and the best pro's. While Lee Haney collected his record eighth Sandow and Dorian Yates foreshadowed the mass infusion to come, Matarazzo failed to place. So he wasn't invincible after all. Still, he was newly signed with Weider, where he remained for 15 years. In 1992, he appeared on four magazine covers, including his first FLEX. Also in 1992, on his way to finishing fifth at the Ironman Pro, he initiated his Gene Simmons-style tongue shot and debuted the now-common act of posedown participants jumping off stage and flexing in the audience. Fans loved him.

“I IDOLIZED ALL OF THE BODYBUILDERS WHO CAME FROM THAT OLD-SCHOOL, HARDWARE ERA.”

somewhere around the globe, chasing a pro card and a Weider contract. In those years before the ubiquity of the Internet, sporting 20-inch guns and sweating in Venice was the shortest route to physique fame and fortune. But for every Günter Schlierkamp there were a dozen Gunnar Rosbo's—"can't miss" prospects who never flexed on a pro stage.

I THE USA

Matarazzo got noticed in Gold's Venice in the spring of 1991 as he prepped for the USA Championships. How could you miss his Olympia-quality arms and calves? But what had he done? His complete résumé consisted of winning a local show 2,600 miles away. Legends and future legends in Venice dismissed him as "that Maserati guy"—just another wannabe whose name they would never need to bother learning. It was much more difficult for Americans to earn pro status then than now. Only the overall USA and North American champs and the Nationals class winners did so. And there was no super-heavy class, which meant every amateur over 198 pounds was crammed into the heavyweight division, creating a

perpetual logjam of future pro title-winners.

Best-case scenario: Matarazzo could fight his way into a pro-qualifier top 5, then climb the ranks in subsequent shows. But to jump into the lion's den in 1991? His friends back in Boston told him he was crazy to enter the USA the second time he even oiled up. They advised him to stay on the East Coast and build his name in smaller shows—the Jr. USA, the Jr. Nationals. Matarazzo wasn't hearing it. He'd brought his blue-collar ethic to the laid-back mecca. His gains were dramatic, and he wanted to see where he stood against the NPC's best.

Matarazzo didn't just get noticed at the 1991 USA. He won the heavyweight class and the overall, beating such future legends as Wheeler, Cormier, and Ronnie Coleman. At 25, he earned the right to turn pro on his first try in only his second contest and against a stacked field. His is the most improbable dash from amateur to pro in bodybuilding history. "No one, except yours truly, believed I had any hope of claiming that title," he remembered. "I had guys tell me that I wouldn't even get a single callout. Then,

Competing at 240, Matarazzo had two crowd-pleasing parts—his biceps and his calves. His lower legs rank among the best ever seen. By contrast, the muscles of his long torso trailed those of his limbs. His lats were his greatest weakness, though he sometimes disguised this with a panoply of back cuts. This was true of the 1993 Arnold Classic, when he went thoroughly high-def. His greatest obstacle was the surplus of quality physiques in the '90s. The logjam of future legends he had escaped with his one-and-done USA victory clogged up pro posedowns in subsequent years. This made it difficult for Matarazzo to grow as popular with discerning judges as he was with his legion of fans.

His sixth-place finish in a deep field of 16 at the 1993 Arnold was arguably his greatest pro accomplishment. Another highlight was his ninth at the 1998 Mr. Olympia. And he twice finished second in lesser shows. But, in 31 IFBB Pro League contests, he never

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won a title. He did seven Olympias, but '98 was the only O in which he landed in single digits. Four times at bodybuilding's Super Bowl he was either last or he failed to place, including a humbling 21st out of 21 at the 2001 Olympia (after qualifying with a fifth in a deep field of 37 at that year's Night Of Champions). That Mr. O was his final contest. He was only 34. It wasn't necessarily a retirement. Weighing an off-season 270, he continued to train, and he remained a fixture behind Weider booths at bodybuilding events. In 2004, he was considering a comeback the following spring. But something didn't feel right. Something hadn't felt right for a long time.

I THE MESSAGE

Matarazzo had grown increasingly lethargic for years. Then in December 2004, he woke up straining for breath and coughing up blood. His then-fiancée rushed him from their Modesto, CA, home to the hospital. There he underwent triple-bypass heart surgery. He was only 38. In the aftermath, he did two interviews with FLEX that have reverberated through the bodybuilding community ever since. In the first (March 2005), he stated that he had genetically high cholesterol, and he spoke wistfully about the health he had lost and gratefully about the life he still had. In the second (July 2005), he zeroed in with candor on what he could've done differently.

"I'd have to say that everything that led to my heart problem began the minute I started getting serious about competitive bodybuilding," he stated. "In order to get bigger, I ate five, six, seven pounds of red meat a day, no vegetables. And I'd stay away from fruits because of their sugar. Worst were the chemicals...I have no doubt in my mind that the primary cause of my problem was the chemicals. It was the steroids, the growth hormones, the diuretics...I wouldn't in a million years change a lot of the aspects of bodybuilding, but that's the one aspect I'd discontinue if I had a second chance."

Asked "What should those who still have a second chance do about it?" the 1991 USA winner responded: "Put [the drugs] away. Only a handful of men on this entire planet make barely a decent living at bodybuilding. I happened to be one who did for 15 years, but I probably took 20 years off my life. No

amount of money in the world is worth that. I'd rather go back in time and get a nine-to-five job and live to a ripe old age, like my grandfather...I took the gamble and lost in every way. Physically, I'm completely limited. Financially,



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I'm pretty close to ruined. Emotionally, it made a guy like me—whose only fear in life was the loss of his mother and father—afraid of every little ache and pain.”

Matarazzo encouraged bodybuilders to buy health insurance and get frequent medical checkups. (He had no insurance and endured mammoth bills.) “Worry about keeping that body of yours as healthy as possible, because it’s going to have to last you not just through your next contest or to

the end of your bodybuilding contract, but for a long time. And a long time for a human being is nothing. It goes by real quick, even quicker when your health is gone and you have nothing to stand on.”

I THE LEGACY

Matarazzo suffered a heart attack in November 2007. He underwent bypass surgery again and had a defibrillator installed. In the aftermath, his heart

worked at only 20-25% of typical functionality.

He focused on his wife Lacy and their three children. Returning to his blue-collar roots, he worked as a bail bondsman. He did cardio, sometimes on the heavy bag like his old boxing days, and light weight training, always wary about pushing himself too hard. When people talked about him on the Internet, he never knew unless a friend told him and his lessons learned.

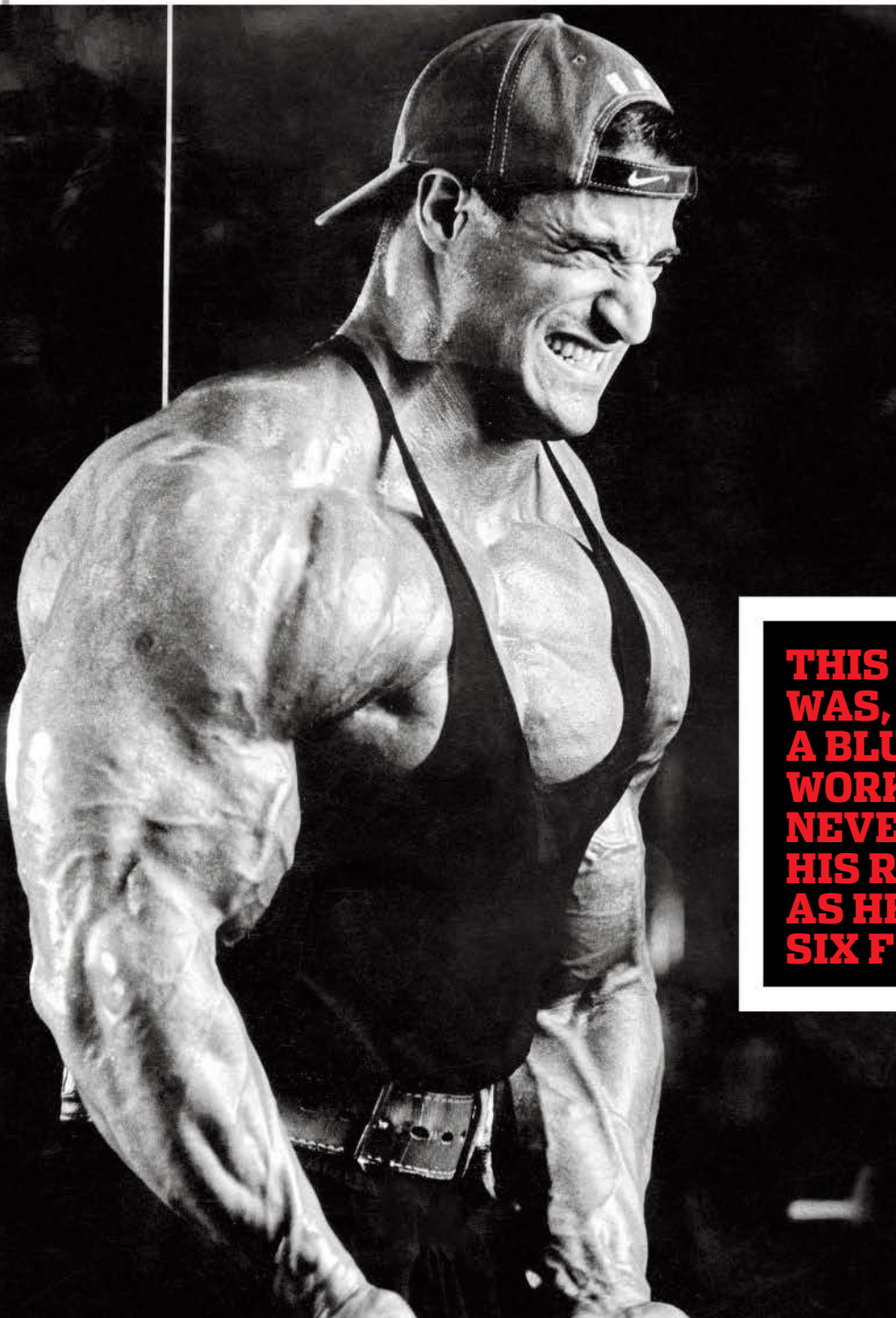
Claiming to be a “caveman,” he didn’t log on to computers.

He liked fishing with his kids, just as he had done with his father four decades prior. In the small city of Modesto, where he moved in 1997, he lived the anonymous life the Italian-American kid from a working class Boston suburb might have had all along if he hadn’t rocketed to worldwide fame at the 1991 USA. But it wouldn’t last. Increasingly, he relied on his family, friends, and Catholic faith. He was hoping to get a heart transplant when his heart beat for the final time on August 16. He was 48.

In 2003, when FLEX asked Mike Matarazzo how he would describe his legacy, he answered, “That a regular guy from Boston could break into a tough business and prove

THIS BOSTONIAN WAS, AT HEART, A BLUE-COLLAR WORKER, AND HE NEVER FORGOT HIS ROOTS, EVEN AS HE ADORNED SIX FLEX COVERS.

that he doesn’t have to change who and what he is to suit changing circumstances. I’m still the same down-to-earth guy who moved from Boston to California 12 years ago.” The final question in that interview 11 years ago was what did he hope to hear at the pearly gates. The “People’s Champ” responded, “Come on in, Michael, you’ve been a very good man on Earth. Enjoy your eternity.” **FLEX**



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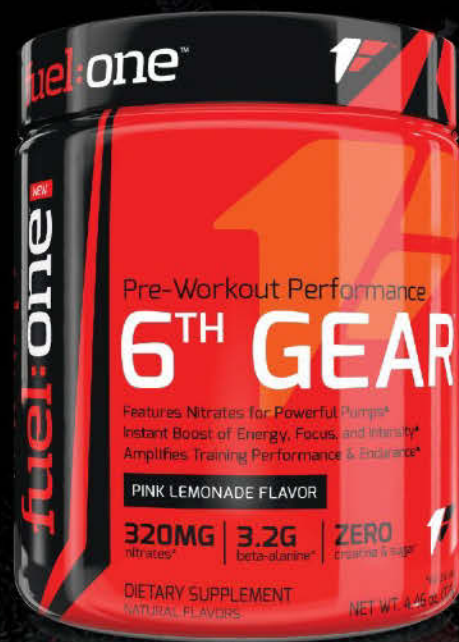
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BY **TONY MONGHINSKI**
PHOTOGRAPHS BY **JASON BREEZE**



FILLING IN THE BLANKS

Jay Cutler reflects on the workouts that made him a four-time Mr. Olympia

■ **When a 19-year-old Jay Cutler** won the heavyweight class at the NPC Teen Nationals in 1993, Branch Warren took home the light-heavies and the overall. Three years later, Jay took his pro card on his first attempt at the 1996 NPC Nationals. He did it by besting a heavyweight class that included Tom Prince (second), Orville Burke (third), Bob Cicherillo (eighth), King Kamali (11th), and Bill Wilmore (13th). Willie Stalling won the light-heavyweight class and overall title that year (Dexter Jackson was sixth in Willie's class). Bodybuilding glory didn't come immediately for Cutler: He placed 12th in his pro debut at the 1998 Night of Champions (he would come back to win it in 2000); he was third at the 1999 Ironman Pro, and fourth at that year's Arnold Classic (he'd win his first ASC in 2002 and take the Ironman title a year later); and in his Olympia debut in 1999, he was 14th (a year later he was eighth). But when he hit his stride, very few could hold their own against this mass monster. What Cutler might have given up to a few other competitors in aesthetics, he more than made up for with sheer mass and a seeming yardstick's measure of width through his shoulders. Cutler's physique literally crowded other competitors off the stage.

What a run it was. Consider a few of his many accomplishments on the bodybuilding stage: Jay has beaten two standing Mr. Olympias (Ronnie Coleman in 2007 and Dexter Jackson in 2009); he's only the third Mr. Olympia to win the Sandow in non-consecutive years (2006–07 and then again in 2009–10); he's the only man to regain the title the year after losing it; Cutler has won three Arnold Classics and eight other titles; and, arguably, Iron Jay should've won the 2001 Mr. Olympia. FLEX sat down to talk to Cutler about the evolution of his training through the years, about what changed, and what has stayed the same.

UNLIKELY ROLE MODELS

FLEX: *How did you get started in bodybuilding?*

JAY CUTLER: I joined a gym on my 18th birthday, Aug. 3rd, 1991. My sister's boyfriend used to collect bodybuilding magazines, and I started to pick up magazines with Chris Dickerson on the cover. These were older magazines that were lying around the house. I already had a muscular physique from working in the family concrete business, so I decided I wanted to take it a little further and try to look like the guys in the magazines.

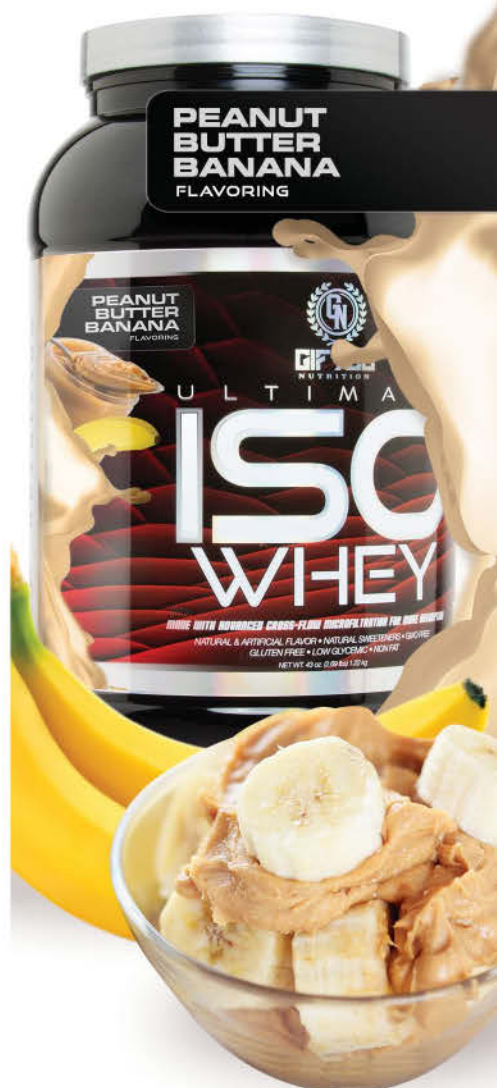
Chris Dickerson? *It wouldn't seem that the sixth man to hold the Mr. Olympia (1982) title had much in common with the physique you would bring to the stage.*

I remember his calves and the muscularity. I was picking up a magazine the year he was the man. It was kind of one of those things where, OK, this is the best guy. He's winning the shows, so that's what I wanted to look like. What my physique turned into isn't necessarily how it started. I was pretty muscular growing up, but I wasn't a freak. I had pretty decent



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lines. Eventually I got bigger and bigger and bigger and came to be considered more of a mass bodybuilder than an aesthetic one.

I was 16 years old when I picked up Bob Paris' book, *Beyond Built*. That was the first book I'd ever read that I bought from the local GNC. Bob's book was the one that taught me to do the exercises. In 2004 I wrote a book titled *CEO Muscle*, and I kind of followed Bob's book as a guideline as far as how to show the exercises and group the body parts. I still have his book in my collection.

HIGH VOLUME FROM DAY 1

Were you a volume trainer from your teen years?

I always trained each body part once a week. Chris Aceto and Laura Creavalle took me under their wing and taught me a lot about training and nutrition. I did a lot of sets. Being younger, I could recover much quicker. There was a lot of variation and angles. I worked for the pump versus pushing heavy weight all the time.

I DID A LOT A LOT OF SETS. BEING YOUNGER, I COULD RECOVER MUCH QUICKER... I WORKED FOR THE PUMP VERSUS PUSHING HEAVY WEIGHT ALL THE TIME.

What mistakes do you think you made as a teen bodybuilder?

I overtrained, no doubt. I did too much. Chris taught me a lot about the nutrition aspect and wrote me a six-meal-a-day diet that I posted on my refrigerator and followed exactly as the portions and the foods were listed. I think I progressed very quickly from that point because my diet was so intact. So, even though I was probably overtraining, I did pay strict attention to the diet and getting enough nutrition.

FILLING IN THE BLANKS

Your legs were obviously the body part that developed easiest for you. I remember a picture Steve Neece took of you as a teen in tights outside Gold's Gym in Venice more than 20 years ago.
Legs, yeah. Of course.



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Which body part(s) were toughest to get to grow?

I'd say my chest, because I was so wide and my shoulders were so big. I had to learn to get that arch when you train chest; I have a big rib cage. I had to learn to work the chest muscles instead of just pressing weights because I was very, very strong. I had to learn to contract my chest, so what I'd do is tuck my chin in and let my chest touch my chin with every rep so I could feel it contracting.

My arms were rough to grow. I had small calves compared with my quads. My back held me back against Ronnie Coleman in the early years at the Olympia, so I did a lot to improve that, a lot of T-bar rows and pullups. Really, I just always tried to improve. For a guy who I think wasn't blessed

FOR A GUY WHO WASN'T BLESSED WITH THE BEST GENETICS TO BE MR. OLYMPIA, I THINK I DID A GOOD JOB OF FILLING IN THE BLANKS.

with the best genetics to be Mr. Olympia, I think I did a good job of filling in the blanks.

TRAINING VARIETY

Did any exercises change over time? For example, did you give up flat benching for dumbbells?

You know what? I did everything. I varied everything. It's funny, because I did regular squats, then started squatting with my heels raised on a

two-by-four. I switched back and forth between barbells and dumbbells and machines. When I turned pro, I started to use more Hammer Strength machines because those became available, but I always stuck to heavy free weights. As I started getting into the Olympias and battling Ronnie, I began to incorporate T-bar rows and front squats, walking lunges, all stuff I never did in the beginning of my career.

Did any exercise ever just not feel right to you so you avoided doing it?

You know, the squat was always my No. 1 exercise when I was younger. It seemed like as I got older it started to feel like, "whoa, this is a little too heavy." When I was squatting 700 pounds, it got to a point where it felt like I didn't need to be squatting 700 pounds. I became a little timid about going over four plates a side, but I didn't have to go that heavy. I was winning the Olympia, and I never went over 405 pounds; I'd squat that for sets of 12 or 15 reps.

NEVER AN EGO LIFTER

Were you ever a one-rep-max kind of guy?

Never.

So you avoided ego lifting.

I always tell people I benched 550 twice, and that was the only time I ever did that. I would never try that again. Maybe because I was a great competitive bodybuilder from Day 1, I wasn't going to risk my physique by pushing weights I didn't need to. I didn't think it was necessary.

A lot of guys make the mistake of thinking that intensity is equated with the amount of weight lifted.

They do and it's bulls—. No one knows what intensity really is. To me, intensity is like having a certain mindset. The mindset that less rest time between sets is better, that the mind-muscle connection is what matters, that if you're training with a partner you go and then he goes and then you go again. Bodybuilding is about focus and visualization. It's boom-bang you're in and out in 45 minutes with a body part and on your way home to eat.

A member of the general public sees you and says, how much can you lift? How do you reply to that?

I say "lots" or I laugh. In the back of my mind, I think, "Here we go again." Of course, I'm never rude to anyone. I joke now and say sarcastically I train only on the weekends.

You or Phil don't train like Ronnie, but then again you seem to have avoided the injuries a guy like him had.



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Nah, of course I got injured toward the end of my career, but I wasn't doing anything crazy. Phil didn't learn from me; he's a genetic freak who just looks at weights and grows. I trained with heavy weights to get my mass, and I don't train that way today, which is why I'm not holding as much size. But Phil and I do train in a similar manner because we don't want to get injured. It's more important to train for the feel rather than to push the weights.

People would say to me, "How much do you lift?" and I'd always be able to say, "Well, at every gym I've trained in I've been able to do the heaviest dumbbells in there 10 or 12 times benching them and most of the time shoulder pressing." When you're at that point, how heavy do you really need to go? Do you need to start strapping weights on the calf machine? I used to strap plates on the pulldown machine, but sometimes I think about it, and it's kind of mind-blowing I did that stuff.

THE 200-POUND DUMBBELLS

*I remember a **FLEX** Chris Lund photo shoot where you were pressing the 200-pound dumbbells.*

Chris goaded me on. He was like, "Greg Kovacs did it," and in my mind I was like, "I can do those." I'd done them before. I was fresh off the Nationals wins. There were only a few of us—me, Kovacs, Cormier—willing to try to do them.

I looked at the pictures and I was like, "Oh, man, this guy is going to hurt himself just getting them into position."

Yeah, they were very awkward because they were very long. They used the 10-pound plates back then. Later they got smart and used the 12-pound plates, made 'em a little less elongated.



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HANY RAMBOD AND FST-7

How did you team up with Hany Rambod and what differences did his FST-7 (Fascia Stretch Training) make to your physique?

I'd been friends with him for years. Hany was in the Ronnie Coleman camp, and then when Ronnie lost, we stayed in touch. We got to talking and, after I lost in 2008, everyone was kind of writing me off. People I thought were my supporters let me down. Hany was really the only one to reach out to me in the industry. He sincerely called me a month after the show to check on me, see if I was OK. He didn't call saying he wanted to work with me. We decided to team up. FST-7 kind of worked with how I was training anyway—the high volume. It gave me something different for my body, helped keep my body fresh and made it rounder and rounder. Which was what my comeback in 2009 was about: the roundness when I dieted down. FST-7 seemed to work very well. I don't train to that extreme now, but I used it up until the last show I did.

How important is it to have a trainer/nutritionist/guru these days?

For me, remember, I always had one. I had Chris in my corner, then Hany, then Chris again. I found the extra set of eyes always helped. I needed the help with my diet. I always stayed in decent condition, but to get that fine tuning with the amount of calories I had to take in there were a lot of adjustments I needed. If you asked Hany or Chris now who was the hardest guy to peak, they'd probably both still say me because of the amount of food I had to eat to be as big as I was. It was always about trying to find that balance between leaning out and not going flat. I was the guy who if I depleted on 400 grams of carbs a day I would get flat. Most people would dream of eating that much on a high-carb day. My metabolism is crazy. Of course, I had a fluid retention problem being as big as I was. I always stayed at a high body weight. I'd be 290 in great condition and pretty much diet down for the show from there.

NIGHT OWL TRAINING

You started out in Massachusetts, then California, now Vegas. Did you ever find geography affected your training?

I don't think so. I had great success in all arenas. I stayed in Vegas because I found a home here, made investments, and the Olympia has been here (since 1999). I can own a beautiful home here and save a lot on income taxes. They also have the best gyms in the world, open 24 hours a day.

What techniques or principles worked best for you?

I did a lot of things: Pilates training, kettlebell training.

You're known for training late at night.

There were a few reasons I trained late at night. I did it to avoid the crowds. I did it to have that mindset that I'm doing what no one else is doing. And I wanted to know when my body was going to peak at its best. At the Olympia, the pre-judging and night shows are taking place at nine or 10 at night, so I always wanted to make sure I was awake to see what my body was going to look like when I had four or five meals in me. I calibrated my body to look the best at night after I had several meals. I didn't care about a clock. I didn't care what day it was. It was always about what I was training and how: two days on, one day off; twice a day; four times a day. I would usually go to the gym four

THERE ARE NO SHORTCUTS AND THERE ARE NO SECRETS. IT WAS JUST **GOOD OLD-FASHIONED HARD WORK AND DEDICATION.**



CUTLER'S 1992 CHEST WORKOUT

EXERCISE	SETS	REPS
Incline Dumbbell Press	4	10
Dumbbell Flye	4	10
Pec-deck Flye	4	10
Flat Bench Press	4	10
Cable Crossover	4	10

* Includes two warmup sets of 10–12 reps

CUTLER'S 2011 CHEST WORKOUT

EXERCISE	SETS	REPS
Incline Dumbbell Press*	5	10–12
Flat Smith Machine Press	3	10–12
Incline Dumbbell Flye	3	10–12
Dip	3	10–12
Decline Barbell Press	3	10–12
Dumbbell Pullover	3	12

times a day or do two cardio sessions at home and two workouts in the gym. That's what kept me the biggest and fullest. I ate big, and I trained big. There are no shortcuts, and there are no secrets. It was just good old-fashioned hard work and dedication.

WORDS OF WISDOM

You must get a lot of young bodybuilders who come up to you for advice. What do you tell them?

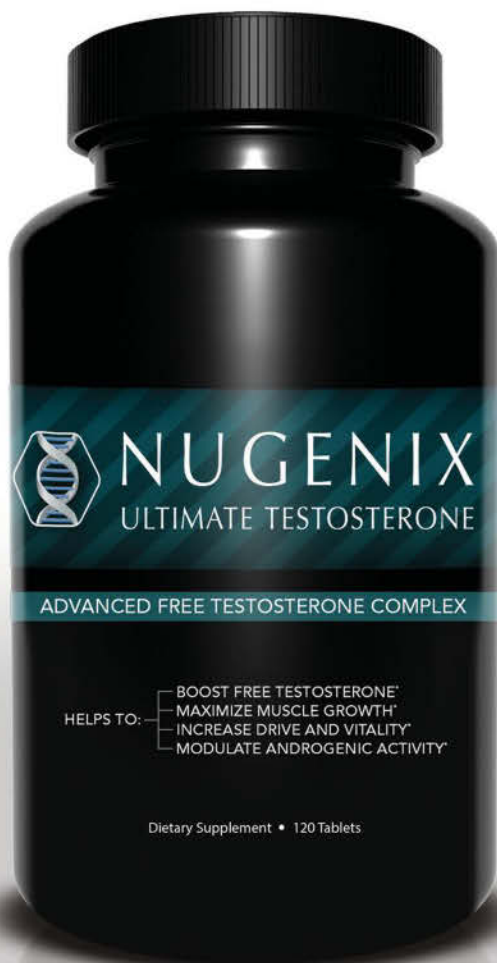
I say be patient and be consistent. I tell them that the diet is the major factor because none of them eat enough, none of them eat healthy enough. They read things on the Internet, but the Internet is the best and worst thing that ever happened to our business. They'll read online that I go and eat at In-N-Out Burger, but it wasn't like that until I became Mr. Olympia. I needed the calories to maintain the crazy size. These kids just have to take the right road and realize there are no shortcuts. I tell them they've got to sleep and train and get the food in. Your body is going to function on the day's prior nutrition, so you need to pay close attention if you intend to train as hard as you plan to.

TRAINING NOW

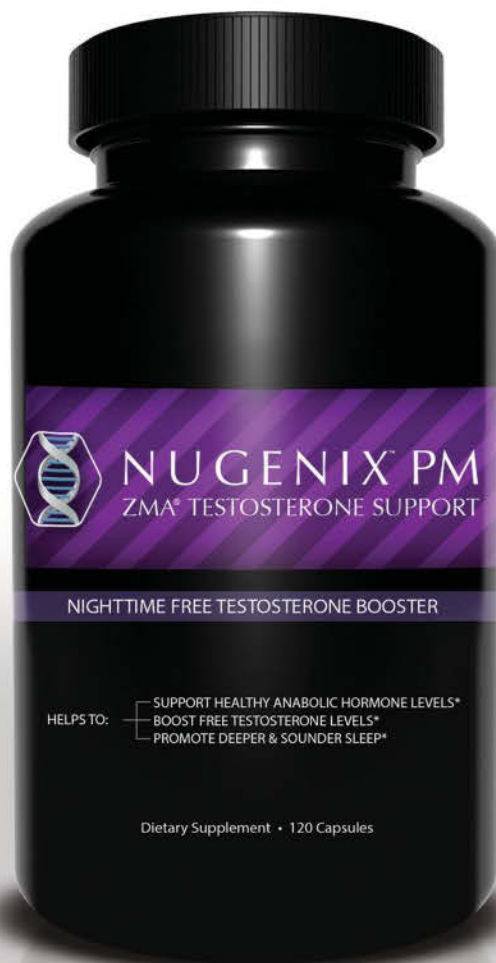
What is your training like today?

I'm training five days a week. I get up and do a cardio session in the morning. I train once a day, a body part or two. I always tell everyone I eat half as much of the food I used to eat and lift half as much of the weights I used to train with. I'll do fewer sets, maybe 12 to 14 or 15 instead of 20. I did T-bar rows yesterday, but I tend not to do as many T-bars or deadlifts. I am eating five or six meals still, but the portions are very small. I'll eat five ounces of chicken where I used to eat 10 or 12; I'll eat 50 grams of rice per meal where I used to eat 100. Same breakfast I've always eaten: egg whites and protein, oatmeal. Breakfast has always been my biggest meal. I have a shake after I train with some sugar, carbohydrates. I try to keep it as simple as possible. I'm still maintaining about 265 pounds, but I keep it lean. **FLEX**

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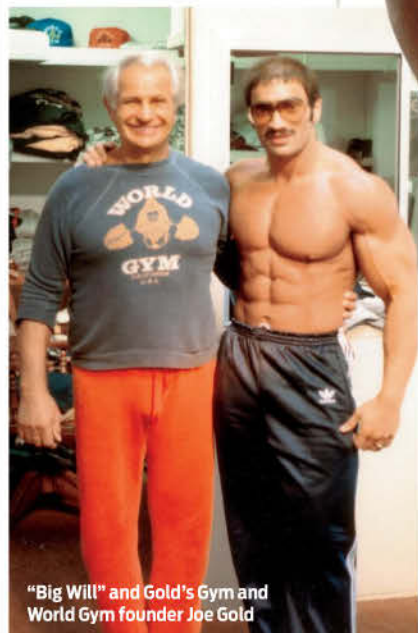
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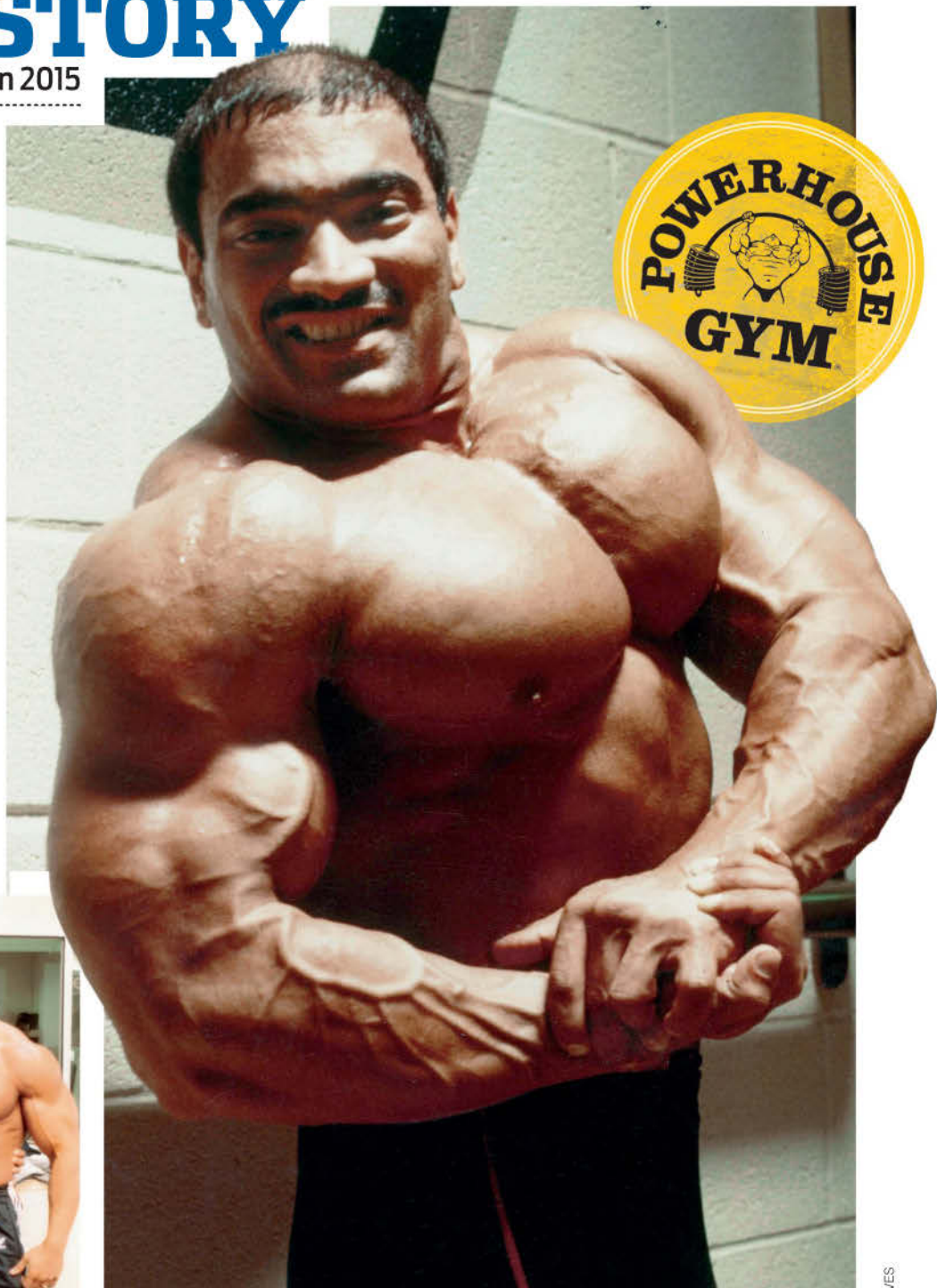
Powerhouse turns 40 in 2015

■ **With 300-plus** licensees in 39 states and 20 countries, Powerhouse Gyms International (PHG) continues to thrive in a competitive health club business. Founded in 1975 by William Dabish and his late brother, Norm, the original Powerhouse Gym in Highland Park, MI, still stands today and is a symbol of the rich history behind the top-notch fitness brand.

A former competitive bodybuilder and winner of the 1982 Bodybuilding Championships, Will Dabish has been the driving force behind PHG's global success. Dabish's unflagging hard work, commitment to tradition, and awareness of the market continue to propel the family business forward.



"Big Will" and Gold's Gym and World Gym founder Joe Gold



"I NEVER NEEDED MOTIVATIONAL QUOTES TO PUSH ME. IT IS YOUR WILL-POWER THAT'S WITH YOU FOR ETERNITY."

Ever the serious fitness enthusiast, Dabish has rubbed elbows with the industry's best athletes and his never-quit attitude is a reflection of his training mindset.

"I never needed motivational quotes to push me," says Dabish. "It is your willpower that's with you for eternity. Either you will or you will not."

Dabish's determination to improve his body translated into a jacked physique, especially a big and strong chest.

"Back then, my training partner and I would do 20 sets in 20 minutes, take our breather, and move on to the next," says Dabish. "I eliminated the normal excuses that people make, like 'I'm too sore' or '[I'm] too tired' and I attacked every workout."

Verified by IFBB Hall of Famer Ron Love, Dabish has cranked out the following bench press marks: 60 reps of 225 pounds, 30 reps of 315 pounds, and 16 reps of 465 pounds. To put the 60 reps of 225 in perspective, the NFL Scouting Combine record is 51 reps.

While his roots are in hard-core muscle building, Dabish recently

recognized an emerging type of training, functional fitness, and offered the PHG name to its clientele. Launched in 2013, Powerhouse FX offers certified personal trainers and cutting-edge facilities for functional fitness training, including the use of battling ropes, kettlebells, and suspension trainers.

Looking ahead, 2015 marks PHG's 40-year anniversary and "Big Will" Dabish will keep right on championing its legacy.

"I refuse to retreat and refuse to surrender."

Dabish and IFBB Pro Roger Callard



WILL'S CHEST WORKOUT

Exercise	Sets	Reps	Weight (pounds)
Bench Press	6	10	225, 315, 405, 465, 315, 225*
Incline Bench Press	6	10	225, 315, 405, 465, 315, 225*
Dumbbell Fly	3	Failure	65 (each dumbbell)
Superset with Weighted V-bar Dip	3	Failure	100**

*After Set 5, do a dropset with 225.

**On Set 3, remove weight and do dips until failure.

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THE RACK

Using the power rack to blast through training plateaus

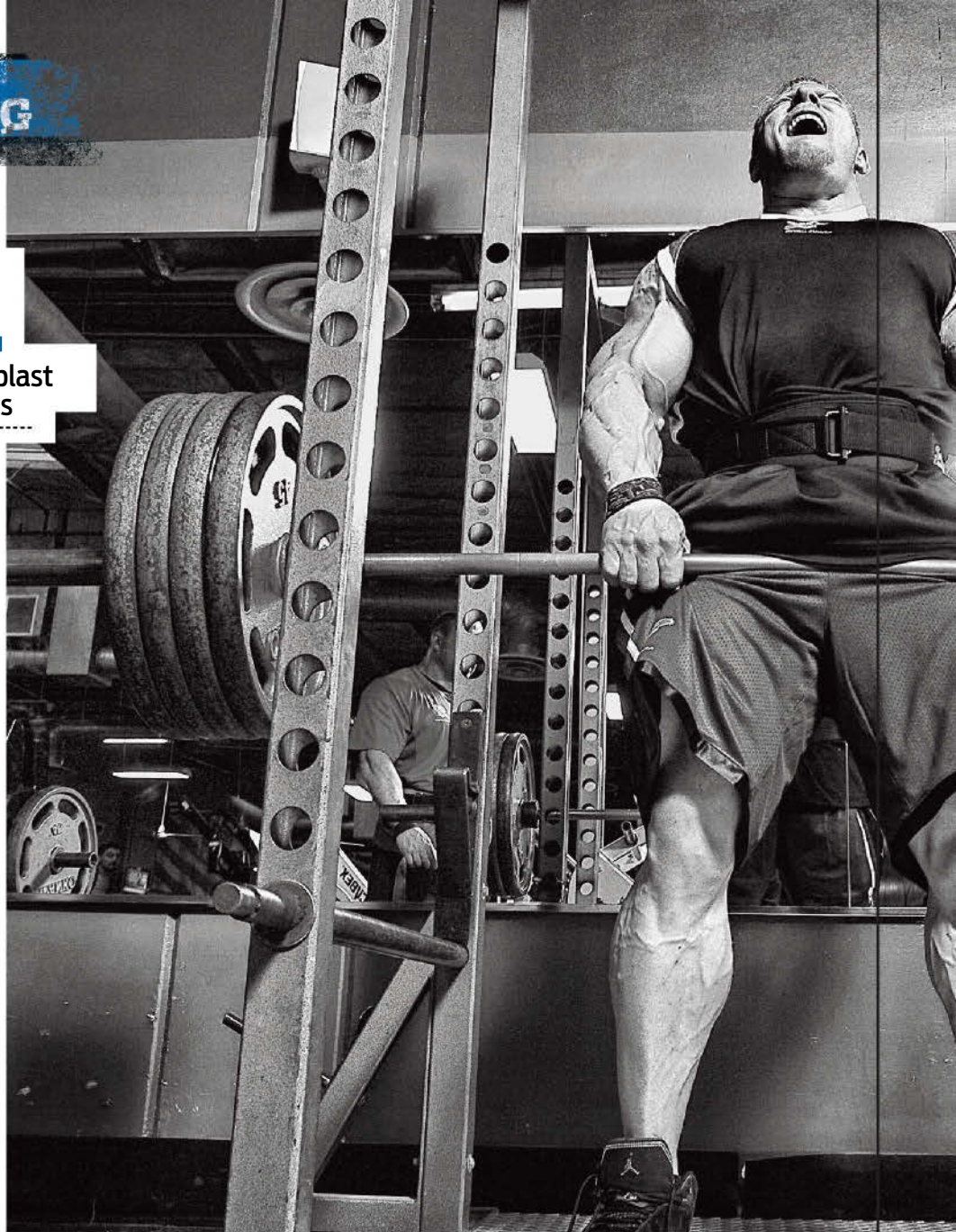
Other than being used as an apparatus to rest a barbell on for squats, the power rack is generally overlooked in most gyms. The fact is, the power rack enables you to perform many training methods that can help you blast through training plateaus, whether your primary goal is to add muscle or get stronger.

A power rack, also known as a squat cage, consists of four vertical posts linked together to increase stability. A common size is 48 inches long by 48 inches wide and 84 inches tall, giving the trainee enough room to perform squats without hitting the posts. The posts have holes in which to insert safety rods. These rods can be positioned to catch a missed lift, thus increasing training safety.

The safety rods can also be positioned to perform partial movements through specific ranges of motion. Let's say your sticking point in the bench press is halfway up. You can set the safety rods a few inches below the sticking point, place the barbell on the safety rods, and then perform your sets throughout this specific range of motion. By combining these "sticking-point reps" with full-range bench presses, you'll have specialized training to help you blast through your particular training plateaus.

Another way power rack training can help you use more weight in full-range exercises is by performing partial-range movements.

One early bodybuilder who popularized partial-range training was the late Chuck Sipes. Sipes won the 1960 IFBB Mr. Universe, later placing second to Sergio "The Myth" Oliva in the 1967 Mr. Olympia.



Sipes sported 19½-inch arms at just 5'9½" and was as strong as he looked, reportedly being able to bench press 570 pounds raw and perform barbell curls with 250 pounds.

Sipes believed that heavy

partial movements built tendon strength, but in fact what they do is disinhibit the nervous system so you can lift more weight. *More specifically, heavy supports help raise the shutdown threshold of the*

Golgi tendon organ (GTO), which is a tension/stretch receptor located in the junction between a tendon and a muscle. When the GTO senses excessive tension, it shuts down the muscle. An example of such a

Let's look at another approach, this time for the lower body. It combines a superset using a partial-range deadlift with a superset using a full-range deadlift.

SUPERSET 1

A1. Top-half Deadlift (in Power Rack) 4 x 4–6 reps, rest 100 sec.

A2. Lying Leg Curl (feet neutral) 4 x 4–6 reps, rest 100 sec.

SUPERSET 2

A1. Full-range Deadlift 4 x 6–8 reps, rest 90 sec.

A2. Lying Leg Curl (feet out) 4 x 6–8 reps, rest 90 sec.

Here is another version of this type of workout. It's a bit more challenging as it combines two supersets of partial deadlifts with one that specifies a full-range deadlift.

SUPERSET 1

A1. Top-quarter Deadlift in Power Rack 4 x 4–6 reps, rest 100 sec.

A2. Lying Leg Curl (feet in) 4 x 4–6 reps, rest 100 sec.

SUPERSET 2

A1. Top-half Deadlift in Power Rack 4 x 4–6 reps, rest 100 sec.

A2. Lying Leg Curl (feet neutral) 4 x 4–6 reps, rest 100 sec.

SUPERSET 3

A1. Full-range Deadlift 4 x 6–8 reps, rest 90 sec.

A2. Lying Leg Curl (feet out) 4 x 6–8 reps, rest 90 sec.



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shutdown occurs during an arm wrestling match, in which the weaker opponent appears to suddenly give up when their arm is slammed to the table after several seconds of maximal effort.

A practical application of this effect is to perform heavy isometric supports between conventional sets.

With a heavy support, you simply unrack the weight and hold it just short of lockout (about $\frac{1}{16}$ of full range). To perform this safely, you must set the safety rods in the power rack two to three inches below your lockout position.

Let's say you can bench press 235 for a max single. After warmup, you could perform three sets of five reps, which for most trainees translates into about 200 pounds. Between sets, perform eight seconds of heavy supports, progressively

increasing the weight with each set. For example, for the first heavy support use 280 pounds (120% of one-rep max); second, 295 pounds (125%); and third, 305 pounds (130%). It's another great solution for training plateaus.

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CARBS 101

There's more than one way to carb load a cat **Part 1**

In the last installment of Big Ass Mass, we discussed some contest-prep guidelines for calories, protein, carbs, and fat. In case you lent your copy of FLEX to your training partner, let me summarize: Total calories should not be reduced below that which produces one to two pounds of weight loss per week. Six weeks or so out from contest day, you'll want to reduce weight loss to one pound per week to save muscle. Protein should range between 1–1½ grams per pound of body weight. Carbohydrates should stay as high as possible while keeping protein in the ideal range and still allowing one to two pounds of weight loss per week. Resist the temptation to cut carbs too low. Fat can make up the rest and should fall between 15–20% of total calories. If this is your first contest, give yourself a week for every two pounds you think you'll need to lose.

One thing we did not touch on is how to fill out again before contest day. After months of dieting, your muscles are going to be flat from carb and water depletion. You need to replenish the glycogen in your muscle in order to get your fullness back. We call this carb loading.

Traditional **carb loading is accomplished by manipulating carb intake and training in two distinct phases.** The carb-depletion phase involves depleting the muscle of its glycogen stores through a high volume of exercise and a very low carbohydrate intake. This depletion phase is then followed by a repletion phase. The repletion, or **"loading" phase, consists of greatly reducing the volume of exercise, and at the same time, gorging on carbohydrate-rich foods for about three days.** Successfully completing the depletion phase and the loading phase results in super-compensation of glycogen levels in the muscles and if done correctly (and a bit of luck) results in a much fuller appearance to your muscles.

As anyone can attest who has tried traditional carb loading, it ain't pleasant! Sure, the loading phase is a piece of cake, but the depletion phase can be killer. The reason it's so difficult is the side effects of deplet-

ing your body's glycogen stores. One of the first and most challenging is gnawing hunger. Not the kind you get just before dinnertime—I'm talking serious hunger that makes it difficult to concentrate.

You'll also experience symptoms of hypoglycemia; namely, weakness, loss of stamina, lethargy, and irritability. The loss of stamina makes it very difficult to complete the depletion workouts. Not to mention, it can make you very difficult to live with for a few days.

Most people find this method extremely difficult. As mentioned earlier, the depletion phase tends to induce dizziness upon standing, fatigue, headache, and irritability, not to mention an intense appetite. In my personal experience I've also found the ensuing loading phase to cause significant bloating and unwanted water retention. Not everybody experiences this, but many do. Although not widely known, **there is a modified method of carb loading** that has shown to be just as effective as the traditional method. We'll delve deeper into this new method next month!

If done correctly completing the depletion and the loading phases results in a much fuller appearance to your muscles.



INSTRUCTIONS FOR CLASSICAL CARB LOADING

DIET (percentages based on 2,000 baseline calories)

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
2,000 kcals	2,000 kcals	2,000 kcals	*2,500 kcals	*2,250 kcals	2,000 kcals	Contest
5% carbs	5% carbs	5% carbs	80% carbs	80% carbs	80% carbs	
70% protein	70% protein	70% protein	15% protein	15% protein	15% protein	
25% fat	25% fat	25% fat	5% fat	5% fat	5% fat	

DIET (in grams)

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
30g carbs	30g carbs	500g carbs	450g carbs	400g carbs	Contest	
350g protein	350g protein	350g protein	95g protein	85g protein	75g protein	
55g fat	55g fat	55g fat	14g fat	13g fat	12g fat	

EXERCISE AM (before breakfast)

Whole body	5 sets	15–20 reps per exercise	+60-min cardio
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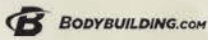
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The Prez Jim Manion congratulating Phil Heath on winning his fourth Mr. Olympia and being awarded the gold Sandow trophy.



The 2014 **Bikini Olympia Top 6** having fun back stage. From left, Amanda Latona, Yeshaira Robles, Janet Layug, Ashley Kaltwasser, Stacey Alexander, and India Paulino.



Friends **Heath** and **Jay Cutler** back stage on Friday night.

most exciting in years as Kai Greene and Phil Heath got into quite a verbal battle and it kept the audience's attention the entire time.

Once the press conference was complete, the remaining IFBB athletes meetings took place in the Orleans Showroom. There was some time before the evening's Meet the Olympians at 7 p.m. at the Orleans Arena concourse. That was really *the best opportunity for the fans to get up close with every Olympia competitor*, selling photos, taking photos with fans, and conducting interviews with select media. Right before the doors opened for the VIP ticket holders, the annual Team FMG group photo took place, attracting quite a crowd of the media already inside. The athletes with the longest fan lines, in order, were Phil Heath, Dana Linn Bailey, Kai Greene, then Branch Warren.

Friday morning was spent at the Fitness and Performance Expo at the Las Vegas Convention Center. It was bigger than before with a lot more booths and other sporting activities taking place. There are only a few chances to meet your favorite Olympians, but you can see the first set of judging rounds for the IFBB bikini, figure, fitness, women's physique, and Ms. Olympia divisions. I made it through about one third of the expo until I had to return to the Orleans to prepare for Friday night's finals of the bikini, fitness, and Ms. Olympia divisions along with the first round of Mr. Olympia judging. It is backstage where I capture a lot of different action that the audience doesn't ever get to



Manion with AMI CEO David Pecker before the start of Saturday night's finals.



Getting a photo with Heath.



Flex Lewis leaving the Olympia Superstar Seminar with his Olympia 212 Showdown trophy.



Manion flanked by photographer **John Hawley** (left) and NPC promoter **Dave Liberman** (right) in their NPC Active Wear Manion's Gym retro T-shirts.



Lee Haney with daughter Olympia and **Arnold Schwarzenegger**.

2014 IFBB OLYMPIA

■ With my father as the IFBB Professional League president, I am fortunate to be able to get access to some of the backstage events and situations when it comes time for the annual IFBB Joe Weider's Olympia Fitness and Performance Weekend. This month I want to bring you some of the more exclusive candid photos that you wouldn't normally see. I have to say there was a different buzz around this weekend since *it was the 50th annual Mr. Olympia, and NBC Sports Network was on hand to film the weekend*. Promoter Robin Chang and his staff did a fantastic job

setting up the weekend.

The activities began on Wednesday night with both the Mr. Olympia and Olympia 212 Showdown Athletes Meetings inside Orleans Arena. This is not an event open to the general public. First the 212 Showdown athletes weigh in before receiving their competitor numbers. Next are the Mr. Olympia competitors, who don't weigh in but are given a rundown of the times they will be competing as well as other pertinent information.

What is open to the fans is Thursday's Mr. Olympia Press Conference. *This was the*

see. It was also a night of many surprises! *First was eight-time IFBB Fitness Olympia champion Adela Garcia announcing her retirement onstage*. She was followed by Iris Kyle announcing her retirement after winning her record 10th IFBB Ms. Olympia title. Topping it off, Ashley Kaltwasser became the first two-time IFBB Bikini Olympia champion!

Saturday morning was Day 2 of the expo along with the entire judging of the Olympia Men's Physique Showdown, the finals of the Olympia Women's Physique Showdown, and the first round of the Olympia



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FLEX CONTEST REPORT NPC REPORT



**Manion congratulating
new IFBB Fitness Olympia
champion Oksana
Grishina.**

212 Showdown. Upset was the word in both Physique Showdown contests, as Jeremy Buendia won by one point over Sadik Hadzovic and also defeated reigning champion Mark Anthony, while Juliana Malacarne defeated reigning champion Dana Linn Bailey. Once the IFBB Professional League events were finished, I was able to get around the remainder of the expo.

Saturday night began on the red carpet entrance before I again positioned myself backstage at Orleans Arena for the Mr. Olympia, Olympia 212 Showdown, and Figure Olympia finals. Being the 50th annual Mr. Olympia, there seemed to be a lot more happening. After the opening speech by AMI CEO David Pecker, the contest began with several former *Mr. Olympias* taking the stage, from both eight-time champions Lee Haney and Ronnie Coleman, to Franco Columbu, Jay Cutler, Samir Bannout, and bringing the house down was Arnold Schwarzenegger. Arnold brought Betty Weider onstage too.

Saturday night brought about another historical moment as Nicole Wilkins became the first four-time IFBB Figure Olympia champion. Until last year Wilkins was tied with Davana Medina at three wins.

A special part of the night for me was the first annual Joe Weider Icon

Award that was presented to my father, the Prez, Jim Manion. Surrounding him onstage were several famous IFBB pros whose careers he helped along the way, including Haney, Coleman, Cutler, Bannout, plus Lee Labrada, Shawn Ray, Flex Wheeler, Dennis James, Mike Christian, Berry DeMey, and emcee Bob Cicherillo. Although the Prez had a speech written, he actually went off-script and did the speech spontaneously off the top of his head.

Finishing the night was the Mr. Olympia overall posedown and the top five awards being given out. When the dust settled, Phil Heath was crowned Mr. Olympia for the fourth consecutive year, tying the record of his good friend Jay Cutler.

On Sunday morning the Olympia Superstar Seminar took place at the Orleans Hotel. It was one last chance for the fans to get autographs and photos taken with the IFBB Olympia champions and some of the top-place finishers.

Once the seminar was complete, I took Bikini Olympia competitors Amanda Latona and Narmin Assria to the Techatitup Ghost Town about an hour outside of Las Vegas for a very unique photo shoot. The place is part of the old El Dorado Gold Mine, and I photographed there in 2013.

I concluded my weekend on Monday at the Las Vegas Neon Museum photographing IFBB Figure Olympians Candice Keene and Allison Frahn. The Neon Boneyard is the area we were in, and it's filled with many of the former neon and iconic hotel signs from Las Vegas' historical past. We were scheduled for only 2½ hours on location so we had to keep the pace up to get all the photos we wanted to wrap up my 2014 Olympia weekend!

To find out more about NPC bodybuilding and fitness events, or to join the NPC, contact the NPC National Office at (412) 276-5027, check out our website npcnewsonline.com and keep an eye on this section.

Taken after the Prez received the inaugural Joe Weider Icon Award (from left): **Jay Cutler, Ronnie Coleman, Samir Bannout, Shawn Ray, Manion, Lee Haney, Dr. Rafael Santonja, Mike Christian, Flex Wheeler, and Dennis James.**



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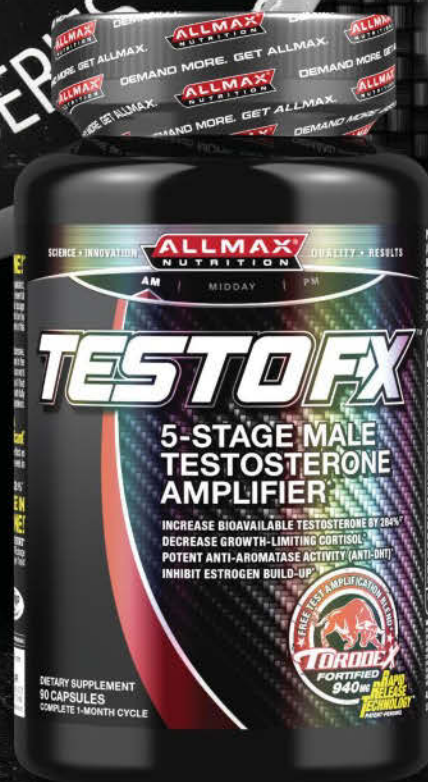


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Bev Francis, flanked by **Kal Greene**
and four-time Mr. Olympia **Jay Cutler**.



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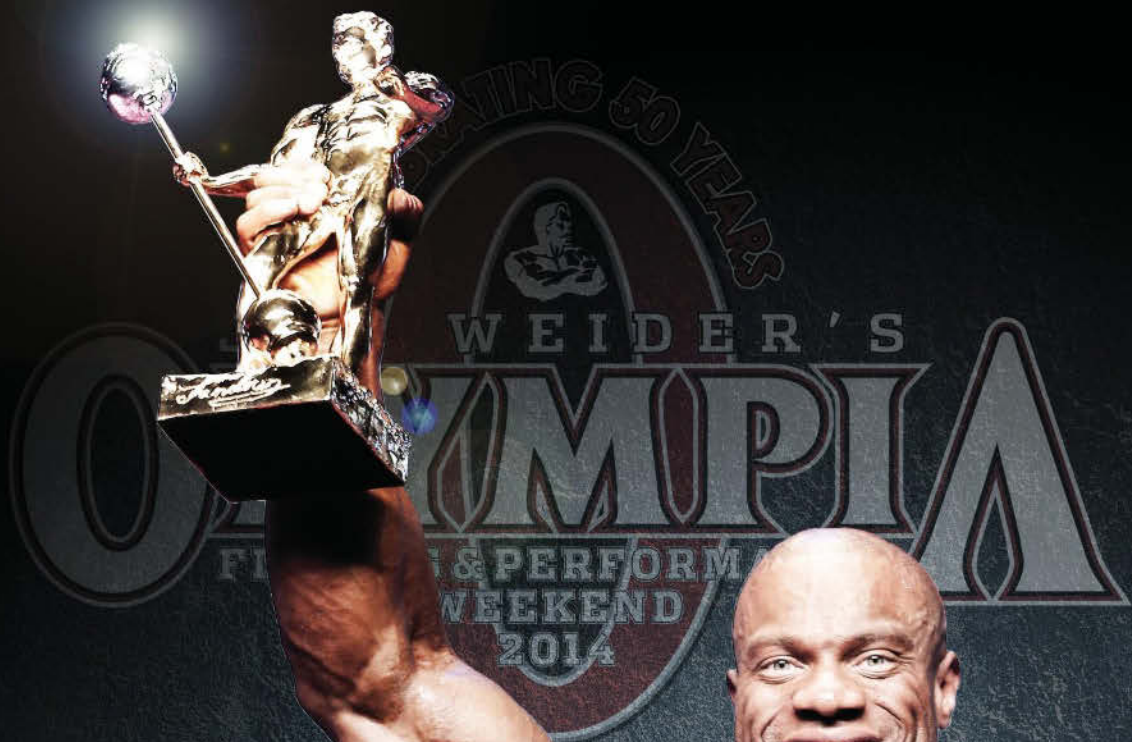
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MR. OLYMPIA
2011, 2012, 2013, 2014

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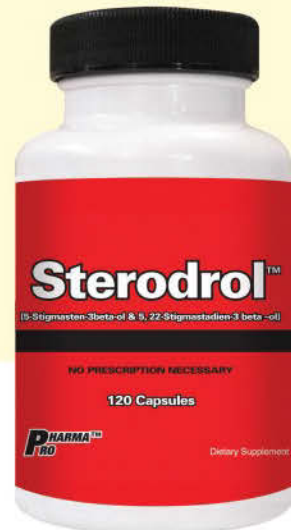
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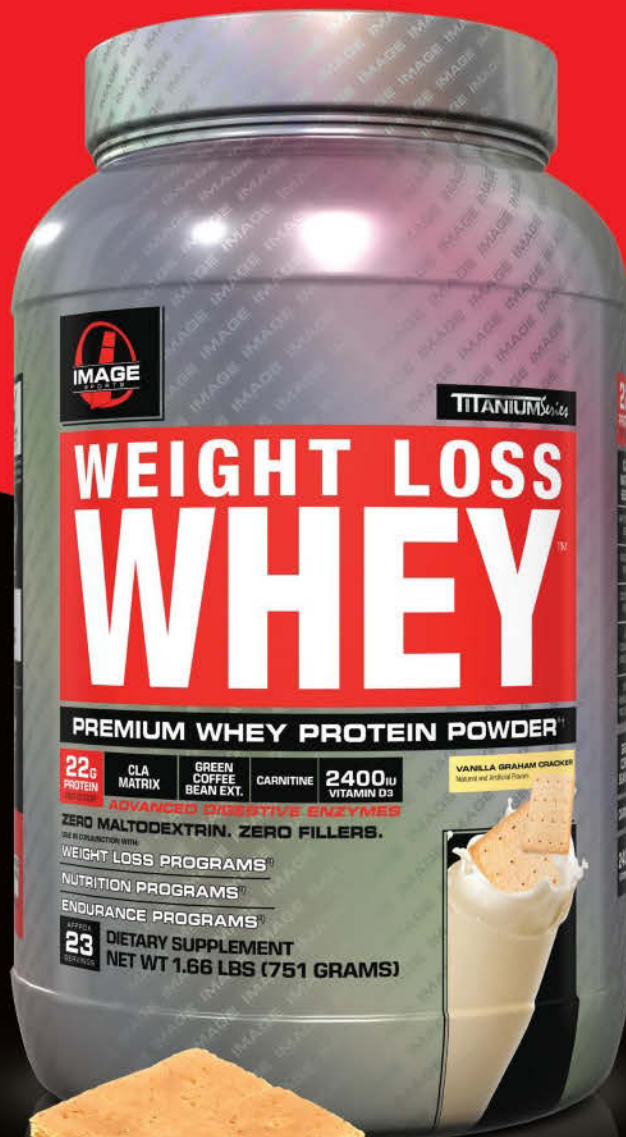
■ You can trace it back to 1958, Pittsburgh, PA: A 14-year-old wakes up on Christmas morning to find a 125-pound barbell set, a bench, and a homemade lat machine in the basement. Although he didn't know it at the time, James B. Manion, who will one day be known as the Prez, forged a bond with the iron sport that endures to this day. Competitor, judge, official, chairman, president...these are all hats Manion has worn in his lifelong journey with bodybuilding. Under his leadership, the NPC and IFBB Pro League are now the greatest bodybuilding federations in the world. In 2005, Ben Weider, confidant that Manion would grow the sport worldwide, named him the chairman of the IFBB Professional League. And grow it he did. In 2004, total prize money in the IFBB Pro League was \$1.5 million with 31 contests. Today, the dollar figure is more than double that at \$3.1 million with an astounding 154 contests—nearly five times more. Manion was named president of the IFBB Pro League in 2013 and he continues to broaden the horizons of our sport. Jim Manion's numerous accolades and awards stand as testimony to his achievements, making him the perfect recipient of the inaugural Joe Weider Icon Award. And the legends of the sport paid tribute to the Prez onstage at the historic 50th Mr. Olympia, as the capacity crowd acknowledged his contributions with a standing ovation.



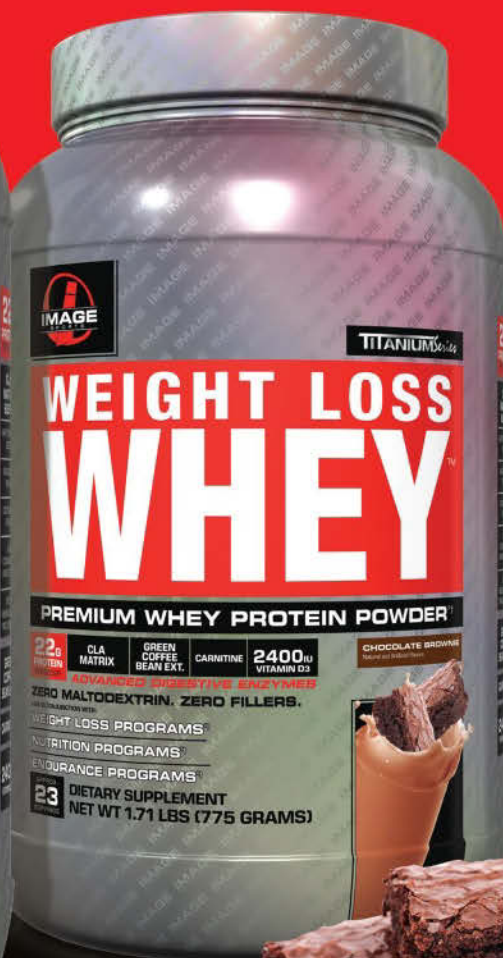
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